

Individual Awards for 2023/24 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 (75 competed in season)		age group	club	points	fixtures						
1	Erin	Burt	Cardiff University AC	129	5						
	Megan	Williams	Aberdare Valley A.A.C	99	3 < 4 Fixtures						
2	Kelcy	Hooper	Llanelli Amateur Athletic Club	97	5						
	Liv	Stillman	Cardiff University AC	93	3 < 4 Fixtures						
	Georgia	Fazakerley	Bristol University	90	4 1st Uni						
	Niamh	McDonald	Cardiff University AC	83	3 < 4 Fixtures						
3	Sasha	Clark	Bristol and West Athletic Club	71	4						
University Women (43 competed in season)		age group	club	points	fixtures						
	Erin	Burt	23 Cardiff University AC	89	5 1st W23						
	Megan	Williams	23 Aberdare Valley A.A.C	69	3 < 4 Fixtures						
	Liv	Stillman	23 Cardiff University AC	63	3 < 4 Fixtures						
	Kelcy	Hooper	23 Llanelli Amateur Athletic Club	62	2nd W23						
1	Georgia	Fazakerley	23 Bristol University	56	4						
	Niamh	McDonald	23 Cardiff University AC	55	3 < 4 Fixtures						
	Lauren	Kennard	23 Cardiff Metropolitan University	41	3 < 4 Fixtures						
	Sophie	Peach	23 Bristol University	41	2 < 4 Fixtures						
	Maddie	Elliott	23 Cardiff University AC	40	2 < 4 Fixtures						
	Alessandra	Prince	23 Cardiff University AC	31	3 < 4 Fixtures						
	Lois	Dooley	23 University of the West of England	31	2 < 4 Fixtures						
	Rona	Fishburn	23 Cardiff University AC	29	3 < 4 Fixtures						
	Sian	Duval	23 University of the West of England	28	1 < 4 Fixtures						
	Freya	Spruit	23 Cardiff Metropolitan University	26	1 < 4 Fixtures						
	Aleksandra	Petrykowska	23 University of Swansea	26	2 < 4 Fixtures						
2	Amy	Cope	23 University of Swansea	23	4						
3	Natalie	Roth	23 University of Swansea	14	4						
Senior Women		age group	club	points	fixtures						
1	Alaw	Evans	Les Croupiers Running Club	1399	5						

2	Katrina	Entwistle		Bristol and West Athletic Club	1389	5					
	Erin	Burt	23	Cardiff University AC	1381	5	1st W23				
	Ewelina	Ciesielska	35	Parc Bryn Bach Running Club	1347	5	1st W35				
	Louise	Flynn	35	Les Croupiers Running Club	1345	5	2nd W35				
	Sandra	Chipper	45	Lliswerry Runners	1298	5	1st W45				
3	Emma	Wookey		Lliswerry Runners	1281	5					
	Kelcy	Hooper	23	Llanelli Amateur Athletic Club	1243		2nd W23				
	Tamsin	Chick	35	Westbury Harriers	1224		3rd W35				
4	Heidi	Waters	35	Port Talbot Harriers & A. C.	1209						
Women Masters 35			age group	club	points	fixtures					
1	Ewelina	Ciesielska		Parc Bryn Bach Running Club	977	5					
2	Louise	Flynn		Les Croupiers Running Club	972	5					
	Sandra	Chipper	45	Lliswerry Runners	953	5	1st W45				
3	Tamsin	Chick		Westbury Harriers	924	5					
Women Masters 45			age group	club	points	fixtures					
1	Sandra	Chipper		Lliswerry Runners	670	5					
2	Georgie	Dando		Bridgend Athletic Club	628	5					
3	Helen	Faubel		North Somerset	627	5					
Women Masters 55			age group	club	points	fixtures					
1	Mel	Holliday		Taf Running & Orienteering Tea	246	5					
2	Lindy	Geyer		Taf Running & Orienteering Tea	243	5					
3	Jan	Morris		Chepstow Harriers	223	5					
Women Masters 65			age group	club	points	fixtures					
1	Eithne	Noonan		Westbury Harriers	37	5					
2	Felicity	Russell		Westbury Harriers	35	4					
	Fiona	Davies		Pontypridd Roadents Athletic Cl	33	3	< 4 Fixtures				
4	Bev	Jones		3M Gorseinon Road Runners	31	4					
Under 23 Men (133 competed in season)			age group	club	points	fixtures					
1	Arthur	Peel		Bristol University	207	5					
2	William	Cheek		North Somerset	190	5					
3	James	Saunders		Bristol University	150	4					
University Men (81 competed in season)			age group	club	points	fixtures					
	Arthur	Peel	23	Bristol University	151		1st M23				
	Luke	Burgess	23	Bristol and West Athletic Club	108		3 < 4 Fixtures				

	1	James Bennett	23	Cardiff University AC	104	5						
	2	Henry Fieldsend	23	Bristol University	94	4						
	3	Daniel Houchell	23	University of Swansea	87	4						
Senior Men			age group	club	points	fixtures						
	1	Owain Jones	35	Bristol and West Athletic Club	1953	5						
		Arthur Peel	23	Bristol University	1920		1st M23					
	2	Daniel Bodman		Parc Bryn Bach Running Club	1908	5						
		Phillip Matthews	35	Parc Bryn Bach Running Club	1895		1st M35					
		Chris Green	35	Wells City Harriers	1871		2nd M35					
		William Cheek	23	North Somerset	1869		2nd M23					
	3	Rob Farley		Bitton Road Runners	1857	5						
	4	Matt Grantham		Micky Morris Racing Team	1849	5						
Men Masters 35			age group	club	points	fixtures						
	1	Owain Jones		Bristol and West Athletic Club	1323		1st MS					
	1	Phillip Matthews		Parc Bryn Bach Running Club	1313	5						
	2	Chris Green		Wells City Harriers	1308	5						
		Huw Evans	45	Parc Bryn Bach Running Club	1293		1st M45					
	3	Rob Davies		Amman Valley Harriers	1279	5						
Men Masters 45			age group	club	points	fixtures						
	1	Huw Evans		Parc Bryn Bach Running Club	818	5						
	2	Daryl John		Pembrokeshire Harriers	800	5						
	3	Matt Jacklin		Aberdare Valley A.A.C	794	5						
Men Masters 55			age group	club	points	fixtures						
	1	Jeff Wherlock		Lliswerry Runners	321	5						
	2	Lee Aherne		Parc Bryn Bach Running Club	278	4						
	3	Stephen Nicholls		Wells City Harriers	258	5						
Men Masters 65			age group	club	points	fixtures						
	1	Steve Williams		Neath Harriers	163	5						
	2	John Davies		Penarth and Dinas Runners	125	4						
	3	Howard Carpenter		Neath Harriers	120		4 Howard beat Elio at final fixture					
		Elio Lenore		Les Croupiers Running Club	120							