

Individual Awards for 2024/25 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 (49 competed in season)			age group	club	points	fixtures
1	Jessica	Hyland		Carmarthen & District Harriers A.C.	88	4
2	Georgia	Fazakerley		Bristol University	82	5
	Niamh	McDonald		Cardiff University AC	76	3 < 4 fixtures
3	Lizzie	Narbett		Bristol University	72	5

University Women (33 competed in season)			age group	club	points	fixtures
	Jessica	Hyland	23	University of Swansea	58	4 1st U23
	Georgia	Fazakerley	23	Bristol University	55	2nd U23
	Niamh	McDonald	23	Cardiff University AC	48	3 < 4 fixtures
	Lizzie	Narbett	23	Bristol University	47	3rd U23
	Various	Athletes				< 4 fixtures
1	Aliyah	Jamil	23	University of Swansea	9	4
2	Natalie	Roth	23	University of Swansea	7	5

Senior Women			age group	club	points	fixtures
1	Louise	Flynn	35	Les Croupiers Running Club	1453	5
2	Lauren	Stockley		Parc Bryn Bach Running Club	1445	5
	Catherine	Treble	35	Westbury Harriers	1405	1st W35
	Kath	Matthews	45	Chepstow Harriers	1389	1st W45
	Georgia	Fazakerley	23	Bristol University	1384	2nd U23
	Clare	Patterson	45	Parc Bryn Bach Running Club	1383	2nd W45
3	Katie	Hughes	45	Westbury Harriers	1380	5
	Lizzie	Narbett	23	Bristol University	1351	3rd U23
	Katerina	Adams	45	Spirit of Monmouth	1327	3rd W35
4	Maria	Kowal	35	Swansea Harriers Athletic Club	1321	5

Women Masters 35			age group	club	points	fixtures
	Louise	Flynn		Les Croupiers Running Club	1035	1st Senior
1	Catherine	Treble		Westbury Harriers	1018	5

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	Kath	Matthews	45	Chepstow Harriers	1011	1st W45
2	Clare	Patterson	45	Parc Bryn Bach Running Club	1009	5
	Katie	Hughes	45	Westbury Harriers	1007	3rd Senior
3	Katerina	Adams	45	Spirit of Monmouth	981	5
Women Masters 45			age group	club	points	fixtures
1	Kath	Matthews		Chepstow Harriers	726	5
	Clare	Patterson		Parc Bryn Bach Running Club	725	2nd W35
	Katie	Hughes		Westbury Harriers	723	3rd Senior
	Katerina	Adams		Spirit of Monmouth	708	3rd W35
	Niki	Morgan	55	Chepstow Harriers	693	1st W55
2	Catherine	Barker		Penarth and Dinas Runners	636	5
3	Lisa	Jeffrey		Chepstow Harriers	632	5
Women Masters 55			age group	club	points	fixtures
1	Niki	Morgan		Chepstow Harriers	347	5
2	Annabel	Harford		Brecon Athletic Club	328	5
3	Hayley	Morgan		Pontyclun Road Runners	320	5
Women Masters 65			age group	club	points	fixtures
1	Fiona	Davies		Pontypridd Roadents Athletic Club	54	5
2	Helen	Williams		Llanelli Amateur Athletic Club	51	5
	Sandy	Masters		Westbury Harriers	36	3 < 4 fixtures
3	Julie	Scholey		Les Croupiers Running Club	33	4
Under 23 Men (96 competed in season)			age group	club	points	fixtures
1	Badr	Alainzay		Cardiff Amateur Athletic Club	163	5
2	Greg	Hayward		Westbury Harriers	155	4
	Shaun	Waters		Bristol University	142	1st University
3	Callum	Day		North Somerset	129	5
University Men (71 competed in season)			age group	club	points	fixtures
1	Shaun	Waters	23	Bristol University	102	5
2	Aaron	Bruce		Bristol University	83	4
	Luke	Hamley	23	Cardiff Amateur Athletic Club	77	2 < 4 fixtures
	Adam	Ede	23	Cardiff Metropolitan University	75	2 < 4 fixtures
	Sam	Priday	23	Bristol University	74	3 < 4 fixtures
3	Fin	Mowat	23	University of Swansea	74	4

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Senior Men			age group	club	points	fixtures						
1	Felix	McGrath		Bristol and West Athletic Club	2028	5						
	Phil	Matthews	45	Parc Bryn Bach Running Club	2013		1st M35					
2	Michael	Lewis		Parc Bryn Bach Running Club	1947	5						
	Phil	Hambleton	35	Les Croupiers Running Club	1942		2nd M35					
3	Lee	Gawler		Bristol and West Athletic Club	1933	5						
	Maciej	Bialogonski	35	Bristol and West Athletic Club	1897		3rd M35					
4	James	Hansell		San Domenico Road Runners Club	1890	5						
Men Masters 35			age group	club	points	fixtures						
1	Phil	Matthews	45	Parc Bryn Bach Running Club	1401	5						
2	Phil	Hambleton		Les Croupiers Running Club	1381	5						
3	Maciej	Bialogonski		Bristol and West Athletic Club	1368	5						
Men Masters 45			age group	club	points	fixtures						
	Phil	Matthews		Parc Bryn Bach Running Club	889		1st M35					
1	Huw	Evans		Parc Bryn Bach Running Club	878	5						
2	Robert	Pope		Bristol and West Athletic Club	870	5						
3	Doug	Nicholls		Pontypridd Roadents Athletic Club	865	5						
Men Masters 55			age group	club	points	fixtures						
1	Anthony	Marshall		Chepstow Harriers	345	5						
2	Douglas	Briggs		Chepstow Harriers	340	5						
3	Martyn	HughesDowdle		Swansea Harriers Athletic Club	328	5						
Men Masters 65			age group	club	points	fixtures						
1	John	Hickman		Caerphilly Running Club	206	5						
2	William	Daniels		Pontyclun Road Runners	186	5						
3	David	Coles		Les Croupiers Running Club	180	5						
	Graham	Mack		Merthyr Running Club	180	5	David beat Graham in final fixture					