

### **2023/24 Runner of the Year Female Nominations**

#### **Janine Bennett**

Janine is another member who has recently taken on a big challenge. She is a very keen parkrunner being a member of the Cheltenham parkrun core team and enjoys being a parkrun tourist partly due to her local ambassador role which has included trips overseas to Denmark, Sweden and the Isle of Wight! Janine is also a keen off road runner and is currently leading her competitive age category in our off road race series. In recent months she completed the Regents Park 10k in 1:32.24 and the Needles Half Marathon with over 1,100 feet of ascent in 2:59.02. All of this was part of her training for her first ultra marathon which was the Ham and Lyme 50k over a challenging course from Somerset to a seaside finish in Dorset taking in over 3,000 feet of ascent on the way which she completed in 9:24.30. Well done Janine!

#### **Katie Coleman**

Katie is an exceptional runner and currently inside the top 100 over 5k for her age category in the UK rankings. She regularly supports our road and off road series and cross country when her busy family life allows and almost always finishing as 1st female Almost. She regularly finishes in the top 3 females at races such as Berkeley 10k in 42.13, Dymock Half in 1:35.40, Pershore Plum 10k in 43:02 (2nd place) and Angels 10k in 41.44. She has recently grabbed 2 club records in her age category with PBs of 19:57 at Gloucester 5k and winning her category with 1:31.47 at Cheltenham Half. She also won her age category with a PB of 41:05 at Frampton 10k. Katie also volunteers to support the club as one of our mental health champions, a qualified run leader and recently stepped up to help drive the club's sustainability agenda. Well done Katie!

#### **Ceinwen Davies**

Ceinwen has massively impressed this year with her continued running and huge dedication and commitment to her goal to run the Snowdon marathon this year. She has trained so hard for this, which included the very warm Cheltenham Half in 2:53. She has overcome a troublesome knee and did incredibly well finishing Snowdon in 6 hours and 3 mins. She is a regularly attendee of club activities, particularly club run on Wednesday and the Saturday morning trail running group on Cleeve Hill. She is a much loved member who takes time to privately support others in their events, keeping in touch with them before during and after their big races. Ceinwen truly is a role model with her never give up attitude and the wonderful support she gives to others. Well done Ceinwen!

#### **Vicki James**

Vicki has shown incredible perseverance, determination and commitment to get running after a very serious injury breaking her knee cap in several places and tearing ligaments and nerves and was told she would never walk again on that knee. After prolonged and intense physiotherapy she built up to walking and eventually tried running and took on her first 5k race in May 2022 and then joined our club to train for her first 10k in June 2022 which she completed despite another injury set back with shin splints. Vicki has recently taken 32 seconds off her 10k time at the Pendock Spring Chicken 10k, a tough hilly multi-terrain race. She has brought her parkrun PB down this year by almost 4 minutes to 30.44 and recently completed her first half marathon in 2:35.35. Vicki is truly an inspiration to all of us to have overcome some adversity to be where she is now with her running. Well done Vicki!

#### **Joanne Johnson**

Jo is another runner who is having such an amazing year with her running. Earlier in the year she earned top 50 UK rankings for her age category at 5 miles at the Linda Franks with 32:14 and at 20 miles at Berkeley with 2:31.32. She is currently the top female overall in both our road race series and off road race series. She recently finished 1st in her age category at the Cleeve Cloud Cuckoo in 43:34 (despite a rather spectacular fall on the final descent). She was also part of the winning female team at both the Dymock Half and the Gloucester 10k. She also finished 1st female at the very challenging Dick Whittington 5k in 30:25. At parkrun she regularly finishes in the top 3 females and wins her age category and has been 1st female overall 3 times. Well done Jo!

### **Coralie Pearson**

Cos quietly delivers amazing achievements and relishes tackling any distance and any type of terrain. Last year she completed the last of the six Abbott World Marathon Majors in Boston and has completed some of the toughest marathons such as Snowdon. Last October she completed the Loch Ness marathon in an amazing 4:51. She recently conquered the very muddy and slippery offroad conditions at the Pendock Spring Chicken 10k. She is also a prolific parkrun tourist having already notched up 7 different locations this year. Cos goes out of her way to encourage and train other club runners on their longer distance runs to build their confidence. And she always has a smile on her face. She is a great ambassador of the club and a true role model! Well done Cos!

### **Issy Ravenhill**

Since joining the club Issy has been getting stronger every year and this year has shown some spectacular improvement and has been banging out PBs all over the place! Back in January she set a 5 mile PB of 35:38 at the Linda Franks and last week at the Gloucester 10k set a PB of 45:05 in very warm conditions. Inbetween that was a 20 mile PB of 2:40.52 at Berkeley and 8 days later she subsequently bettered that by almost 5 minutes to 2:36.07 at the Ashby 20. She then popped out at 3am one morning whilst on holiday in Vietnam (as you do) to knock out a 4:06 marathon time. All that proved to be great training for a spectacular time at the Rob Burrow Leeds Marathon of 3:32.21. An absolutely stunning time given how hilly the course was! Well done Issy!

### **Lizzie Renn**

Lizzie has just completed the For Rangers Ultra, a 230km five-stage foot race across four Kenyan wildlife conservancies in support of the valuable work of For Rangers and Save the Rhino International. Proceeds from the event support the welfare and work of those who have dedicated their lives to protecting rhinos and other threatened species. The race is only open to 70 runners, who have to be entirely self sufficient across the five days running back to back marathons carrying all their supplies. Lizzie completed the event in a cumulative time of 34 hours! Lizzie has been carefully and methodically preparing for this event for months, running around Cheltenham and the surrounding hills for ever increasing distances and carrying a progressively heavier backpack. She is inspirational! Well done Lizzie!

### **Cheryl Rodham**

Cheryl is a fantastic runner who completed her first marathon this year with a great time of 4:43.30. She has also been smashing out the PBs this year, along with committing to our road and off-road race series and the Glos AAA race series. Over the year she has set new PBs at parkrun in 25:06 and over 10k on the off road Pershore Plum in 53:43. But more than that, she is quite possibly the kindest and most encouraging person ever and is very humble and generous. She quietly helps out so many people in the club. When she is not running she is out supporting and was very excited recently to acquire a megaphone to give those running Cheltenham Half an extra push. It certainly made me smile! And she is always happy to run with slower runners to support and encourage them. She is a real asset to the club. Well done Cheryl!

### **Sandra Stuart**

Sandra is one of our runners who quietly delivers some amazing achievements with the loveliest of attitudes over the full range of distances. Last year she was consistently running well at parkrun and 1st in her age category at Cheltenham and KGV. She also delivered consistently excellent times in many of our road race series last year and was the runaway winner in her age category. This year she has been training like a demon and hitting every run on plan, which included Linda Franks in an excellent 50.12 and Berkeley 20 mile in an impressive 3:50.38. This was in preparation for the last of her six Abbott World Marathon Majors in Boston, which she completed in 6:14 last week after battling the heat and an injury sustained during the race. Well done Sandra!

**Alice Tredgett**

Alice is a fantastic runner who was getting stronger and stronger throughout 2023 and into the start of 2024. Earlier in 2023 Alice ran a PB at the London Marathon in 3:26.49. During the summer she was 2nd female in 1:37.32 at the Cheltenham Running Festival on a very hot day, 4th female at Gloucester 10k with a PB of 40:53 and 3rd female at Bugatti 10k in 41:15. This excellent form continued in the autumn as 1st female at Alexandra parkrun with a PB of 19.00, 5th female at Guy Fawkes 5 in 32:01 and 2nd female at Newent 9.5k in 39:27. More recently she was 5th overall and 1st female at Gloucester City parkrun in 19.22 and 5th female at Linda Franks 5 miles with a PB and club record of 30.25, and first female almost for the female team prize. Well done Alice!

**Julia Whittaker**

Julia has had a fabulous start to the year building on many strong performances last year where she won her age category over 10k races in our road race series all 3 times she raced at Cirencester, Bugatti and Newent and always finishing in the top 4 of her age category overall. She was also consistently strong all year at parkrun being 1st in her age category 8 times at four different locations! And then in late January she ran the inaugural Boddington 10 mile race in a time of 95.41 which was 3rd overall in her age category and has given her a current UK ranking over that distance of 32nd! Now that's seriously impressive!! No wonder she also broke our club record for the FV65 age category! Well done Julia!