

Runner of the Months for AGM 2026

★ APRIL 2025 ★

Patricia Dendy

Pat has had an extraordinary run of performances. She ended last year with a Gloucestershire AAAs age-category bronze and an individual cross-country gold, then became the first Gloucestershire senior female at the UK Inter Counties. She's since won her age category at Linda Franks (31:29), set the FV40 club record at Boddington 10 miles (1:06:04), and run PBs of 39:09 at Bourton 10K and 38:50 at Birmingham 10K — earning selection for the England Masters 10K team. She also took gold and another club record at the Bourton Mile (5:43) and recently ran an 18:55 parkrun PB. An outstanding year from Pat.

Johnny Rea

Johnny has had an incredible year of PBs, starting with 30:44 at Linda Franks before running 19:04 at Cheltenham parkrun and 18:22 at the Cardiff 5K. He also smashed his half marathon PB at Wokingham in 1:26:57 and obliterated his marathon PB at Newport with 3:07:24. Alongside his racing, Johnny regularly supports others as a LiRF, paced 45 minutes at Gloucester 10K, and recently trained as a VI guide to support Yahya Pandoor on a busy 15K route. A brilliant role model and inspiration within the club.

★ MAY 2025 ★

Agata Pakula

Agata has been a committed Cheltenham parkrunner since 2019, with 162 parkruns across nine locations, and she joined the club to broaden her running through our Wednesday sessions. Last year she completed two 10Ks and finished 3rd in her age category in the Road Race Series. This year she's taken on three half marathons — 2:08:29 at Forest of Dean, 2:03:58 at Gloucester and 2:05:11 at Chester — plus three strong 10Ks (55:50, 56:15 and 57:24). She also ran an excellent 1:33:08 at Boddington 10 miles and is currently leading her age category in the Road Race Series. Well done, Agata!

Ben Spurrier

Ben has made huge progress over the past two years, building from half marathons in 2023 (1:56 Cheltenham, 1:54 Stroud) to completing the Manchester Marathon in 4:00:01 and then the 100K Race to the Stones in 15:22:10. He followed that with a massive 13-minute PB at Cheltenham Half (1:41:00). This year he took on an even bigger challenge — the Thames Path 100 miles — finishing in an incredible 23:42:25, a club age-category record. A brilliant achievement from a runner who keeps pushing his limits.

★ JUNE 2025 ★

Steve Youngs

Steve has grown from a lockdown runner into a committed club regular, thriving at Michael's hill reps and Wednesday social runs. He's completed 92 parkruns since 2023 — including international touring — with a PB of 23:55, and logged 397 miles and 24,177ft of elevation this year. Alongside near-daily swimming, he hit a 21st-century PB of 1,094 yards in 22:32. Quietly determined, supportive, and always improving, Steve has become a valued and uplifting presence in the club.

Catherine Daly

A long-standing member and multi-sport athlete, Catherine has excelled across ultras, parkruns, and structured training. She completed three 100K ultras — including the Cotswolds Ultra in 15:46 on the hottest day of the year — and smashed the 4-hour marathon barrier at Chester. With 319 parkruns across 30 locations, top-three age-category finishes, and over 1,096 miles and 93,542ft climbed in 2025, Catherine's dedication and endurance shine through every challenge she takes on.

★ JULY 2025 ★

Ela Antosiewicz

Ela brings creativity, kindness, and quiet strength to every mile. She has run 3,079 miles, climbed 11,407ft, and completed 31 races since joining the club, including the Morzine-Avoriaz 50K Ultra in 13:19:19 and her second-fastest 50K at LadyBower. With 62 parkruns, regular volunteering, fundraising for Sue Ryder and Maggie's, and even performing with The Cotswold Savoyards, Ela embodies community spirit and unassuming brilliance.

Lepha McCartan

Lepha's year has been defined by resilience and mountain-strong determination. After breaking her ankle during UTS 2024, she returned in 2025 to conquer 11,000ft over 50K in under 11 hours. She also completed the Lakeland 50-miler in the top 16% of her gender and excelled in events like Arc of Attrition and Tea & Trails. Calm, modest, and fiercely tough, Lepha inspires through quiet power and unwavering grit.

★ AUGUST 2025 ★

Victoria Willoughby

Victoria's year has been full of joyful progress and standout performances. She set a V55 club record of 06:58 at the Meteor Mile, achieved a 5K PB of 24:10 at Pittville and 23:56 at Alderton, and claimed 1st in age category at Coln Valley 10K. She also earned a county silver medal at Angels 10K and ran a half marathon PB of 1:46:27 at age 59. A regular at track, club runs, cross-country, and the Cotswold Way Relay, Victoria lifts the club with her positivity and dedication.

Carl Methven

Carl's journey from parkrun novice to marathon runner is rooted in heart and determination. With 272 parkruns and a PB of 24:38, he's a committed tourist and club regular. He delivered strong 10K performances, achieved his first sub-2 half marathon in 1:58:54, and completed both London and Manchester marathons. A Wednesday night regular and handicap contender, Carl's progress reflects resilience, purpose, and a deep connection to the causes he supports.

★ SEPTEMBER 2025 ★

Prashanth Kumar Sripathi

Prashanth is a cornerstone of the club — kind, consistent, and endlessly supportive. He has run over 1,031 miles, completed 506 parkruns across 53 locations, and volunteered an incredible 645 times. He ran Cheltenham Half in a penguin costume for charity, won the first handicap race of 2024, and remains a dedicated cross-country team member. Even while injured, he continues to volunteer, encourage others, and bring joy to every session.

Zakia Hussain

Zakia's month was a masterclass in grit and perseverance. Despite managing endometriosis, she completed the Thames Path 100K in 29:45:02, raising over £1,500 for Endometriosis UK. She followed this with a PB at Cheltenham 10K (1:11:14) for Sue Ryder and then smashed her half marathon PB in Cardiff with 2:37:20. With three PBs, a national diversity award nomination, and countless bake-sale contributions, Zakia embodies courage, resilience, and generosity.

★ OCTOBER 2025 ★

Lewis Jones

Quiet, friendly, and dedicated, Lewis has had an exceptional year. He topped the 2025 Road Race Series, placed 9th in the handicap series, and delivered PBs across all distances — including 05:36 for the Meteor Mile, 18:54 for 5K, 39:16 for 10K, and 83:44 for the half marathon. A regular at track, speed sessions, and Wednesday club runs, Lewis's consistency and quiet encouragement make him a standout member.

Maddie Fletcher

A long-standing member with unwavering dedication, Maddie has shown remarkable resilience this year. After a huge 14-minute PB at Berkeley 20/20, she battled hot conditions at Manchester Marathon to run 3:54, then held her fitness through summer to deliver a superb 3:40:50 PB at Chicago. A key figure in Thursday sessions, Maddie exemplifies disciplined training, perseverance, and passion.

★ NOVEMBER 2025 ★

Ivana Wilson

Ivana has balanced her own training with stepping up as a developing coach, leading Monday track sessions with confidence and care. She delivered a 20-mile PB of 2:56:52, a 10-minute marathon PB of 3:50:06, a half marathon PB of 1:46:33, and a 5-mile PB of 37:13. A regular parkrunner, LiRF leader, and Thursday session attendee, Ivana's year has been defined by consistency, growth, and impressive progress.

Steve Axford

Friendly, upbeat, and fast, Steve is a well-known presence across club sessions. A regular on Cleeve Common, Wednesday nights, and Michael's Tuesday training, he has shown strong form all year and continued to build confidence in his racing. His commitment, positivity, and willingness to push himself make him a valued and inspiring member of the club.

★ DECEMBER 2025 ★

Caroline ("Caz") Rea

Caz has shown incredible resilience after injury, returning stronger than ever with PBs and major race achievements. She ran 46:41 at LF5, 2:15:09 at Valencia Half, and 4:34:29 at Valencia Marathon. A parkrun tourist, cross-country runner, Hyrox queen, and regular at Tuesday and Wednesday sessions, she also supports the club socially and is now training for the Southport Squirrel.

Clemens Orth

Clemens has made a brilliant comeback from injury, delivering PBs of 10:47 at the Meteor Mile and 37:22 at LF5. The club joker and resident race reporter, he's a regular at Wednesday runs, cross-country, parkrun pacing, and Michael's hill reps. His humour, consistency, and commitment — alongside training for Newport Marathon — make him a standout member.

★ JANUARY 2026 ★

Amy Sheer

Amy has had her strongest year yet despite managing a chronic condition. She fits training around family life, often running early before taking her kids to sports. She delivered a PB of 2:38:08 at Berkeley Fission 20 (1st Almost home, 4th age category), plus strong runs at Boddington 10M (73:33) and LF5 (34:38). Quietly determined and deeply resilient, Amy is an inspiration.

John Johnson

John's consistency and enthusiasm shine through every session. Winner of the MV50 Road and Off-Road Award, he trains across all weekly sessions and supports others at parkruns with Joanne. His standout races include 44:33 at Bourton 10K, 1:13:45 at Boddington 10M, 35:30 at LF5, 6:04 at the Meteor Mile, and 98:20 at Hastings HM. A stalwart of the handicap series, John embodies club spirit.

★ FEBRUARY 2026 ★

Ceinwen Davies

Ceinwen has transformed her running through improved nutrition, consistent training, and renewed confidence. A regular at clubrun, track, HIIT, trails, and Run2Help hills, she has delivered strong race results including 2:36:34 at Valencia Half and 2:38 at the hilly Forest of Dean Spring Half. Her progress reflects courage, commitment, and personal growth.

Joanne Johnson

Joanne has had a superb year, winning the FV45 Off-Road and overall Road Series titles. After returning from injury, she's delivered standout performances including 47:16 at Colin Valley 10K (2nd Lady), 6:16 at the Meteor Mile, 73:22 at Boddington 10M, and 1:42:21 at Hastings HM. A regular at track, Michael's sessions, clubrun, and parkrun tourism, she's also a huge supporter of fellow members.

★ MARCH 2026 ★

Richard Knightley

Richard has shown tremendous resilience while overcoming long-term PF and Achilles issues. Through dedicated strength training, he's rebuilt his fitness and delivered strong race results including 3:42:36 at Shakespeare, 2:43:58 at Berkeley Fission 20, and 97:14 at Gloucester Half. A regular parkrunner who fits long runs around family commitments — including 90 minutes of linesman duty — Richard is supportive, determined, and quietly inspiring.

Hayley Woolnough

Hayley, our glamorous ASICS Frontrunner, has pushed herself to new heights this year. She ran a 3-minute PB at Seville Marathon (4:20:59), followed by 1:54:27 at Gloucester Half and 2:07:36 at Prague Half. Now training for the Chicago Marathon as part of the Six Majors, she also featured in Women's Health UK for her inspiring journey. Her energy, ambition, and positivity light up the club.