**AWARDS NOMINEES 2019**

**PHOENIX CLUB RECORD BREAKERS:**

**CHARLIE DA’VALL GRICE 1500m** now 4th on the UK alltime 1500m rankings, clocking an amazing 3:30.62 to beat Steve Ovett’s club record **RACHEL GORMAN Half Marathon** 82:24 plus five SGP wins**; BETH KIDGER 10K Road** 33:57 (plus 800m and 1500m pbs)**; IAN LEITCH Marathon**  2:18:33 (93.35% agegrading), 10k 30:27 5k 15:02, Half Marathon 67:09

**TOBY HARRIES 400m** 46.36; plus 20.75 200m pb, and sole Sussex athlete at Doha World Champs running 45.6 400m relay leg

**OTHER NOMINEES**

**Bruce Warren** dedicated and inspiring, nominated for Sussex Coach of the Year - **Daniel Simpkin** always helpful and fully committed to the club. On the way to coaching qualification - **Alasdair Howie** qualified as a Sussex official, always out on the track officiating - **Andy Bone** always hardworking and committed, stepped in to help with other groups when Phil was poorly - **Steve Hardman** for his longstanding hard work as a volunteer - **Eogan McKenna** has been instrumental in reviving our swim sessions, both in the pool last winter and in the sea this year, even inventing his own challenge: the “wall to wall” - **Finley Bigg** 48.6pb 800m - **Grace Wheeler** for performances and commitment - **Amy Gamblin** regular trainer and racer, already assured of Junior Sussex Grand Prix title, outstanding commitment - **Alfie and Charlie Paton** (and parents!) outstanding commitment, regularly travelling from Eastbourne to our Wednesday track sessions - **Spencer Thomas** rewarded for a series of gutsy performances with a big pb and the UK 800m title - **Bobby Searle** for impressive 3:01 marathon debut - **Amelia Culshaw** great volunteer work as Women’s Captain; first V45 at the Great North Run, PBs at every distance from 5km to the marathon - **Milan Watson** built on an incredible 3rd place at the Beachy Head marathon by knocking 30 mins off his road marathon PB to clock a sub 2:35 time at London this year - **Dave Powell** now one of the leading V50 endurance athletes in the country, fantastic performances at XC, London Marathon and Great North Run - **Joe Butler** earned an England vest for his performance at the Brighton Marathon and ran a 2:38 pb in it at the Yorkshire Marathon - **Mike Townley** always supportive and enthusiastic, a true supporter of the club, its members and volunteers and on top of all his volunteering, he finds time to train and compete with enthusiasm - **Rosa Howie** for commitment and Sportshall performances - **Lewis Wilby** great performance in quadkids and at sportshall - **Corbin Bailey** great attitude and performances - **Vinnie Pegley** turns up for everything, always with a smile on his face, also talented! - **Layna Buckley** for outstanding commitment at league events - **Matthew Noakes** earned selection for Sussex schools cross country and Sussex inter counties 800m; never missed a Sportshall competition since joining the club - **Raphael Reed** gained selection for Sussex schools cross country and Sussex inter counties 800m - **Joseph Campbell** stormed into the local scene as a newcomer and took County 200m and long jump titles, and competed for Sussex -**Jahnvi Choksi** for her commitment to training and racing - **Imogen Read**, consistently running and training, commitment to competing, lots of PBs, selected for Sussex intercounties 800m - **Lily Dannreuther** broke her ankle but made it to U13 league final to compete as soon as she was out of her plastic boot - **Ben Connolly**great season represented Sussex on both track and x-country, and qualified for the English Schools T&F Champs - **Eddie Harrison** strong perfomrances and regular competitor despite battling illness - **Cassius Hebden** regular competitor and great performances including a 2:02pb 800m and 4:28pb 1500m - **Marley Bigg** ran 2:08 for 800 and won the Sussex Schools 800m title - **Finley Jones** fine performances as a first year U15 - **Poppy Palmer-Malins** new to the club but already put in several great performances - **Alice Wright** great performances and attitude - **Milly Dickinson** 800m county champion, represented Sussex at XC and English Schools T&F Champs and English Schools XC Champs, 800m silver medal at SE Schools Champs - **Mia Edwards** 3rd in the County Schools 1500 and made the Sussex XC team, never misses training and is always supportive of other athletes - **Flora Davis & Madelaine Parmar** committed to training and racing, team players - **Molly Edwards** great commitment for both training and racing, enthusiastic and following in her siblings footsteps - **Mekdes Berry** for commitment to training and competing - **Aoife Edwards** committed, always at training, always running well on both track and XC - **Archie Davis** overcame injury problems to record a 3:40 1500m pb, and made the Final at the British Champs - **Liz Halliday** for coaching work creating a really supportive atmosphere where all feel welcome; and organising work for South Downs Way Relay , Blackcap Handicap and Big W; and competing in SGP and multisport! - **Simon Heath** a relative newcomer but setting the way at training sessions - and already certain recordbreaking winner of this year’s Sussex Grand Prix - **Jess Prior** excelled at many multisport events, including a half iron man victory, and a world aquathlon victory in Spain nationals;second claim member but an outstanding triathlete and some great performances in a Phoenix vest including XC races and South Downs Way Relay - **Jack Donaghy** excellent road and multisport racing, 2nd at Falmer Tri, 29th atBrighton - **Alex Garrod** outstanding triathlon performances, 8th in 25-29 age group at Long Distance World Champs) -**Tom Sanderson** gutsy multisport performances and another Ironman under his belt - **Leo Brewer** has run so well over 3000m as well as clocking 2:01 and 4:01 over 800m and 1500m, qualified for the English Schools T&F championships - **Luca Bigg** ranked 44th in UK over 800 and qualified for the English Schools T&F Champs - **Almi Nerurkar** Sussex U20 XC Champs 1st , South of England U20 XC Champs 4th,  Inter counties XC14th, qualified for the England U20 T&F Champs - **George Mills** PBs at 1500m and Mile, won England Mile Champs to earn England vest -**Reuben Hoyte**PBs at five events including 15:12 5000m -**Tara Bage** PBs at four events including 4:32 1500m - **Phil Grabsky** great team player and pbs this year at every major distance from Mile to Marathon - **Carol Webb** rejoined after long absence through injury and already made an impact with battling performances - Hastings 5, Goodwood XC Relays, Sussex Road Relays European Masters Champs; and a medal or two! - **Paul Whelpton** volunteer work, andthreeage category wins in England/GB vest including European Half Marathon title - **Andrew Brooks** for multisport performances - **Erica Martin** for multisport performances and volunteer work - **Ash Dorrington** 2018 Sussex Grand Prix Champion - **Dan Stepney** for work with juniors at S&C over and above what he has needed to do, and always providing the athletes with great guidance - **Nicola Swanson** dedicated, she does it all, has everything in hand, and keeps everything running smoothly - **Sam Wade** another year of great triathlon performances including wins at Gower and Hever Castle, plus a 31:19pb 10k on a tough course at Croydon - **U13 Boys 4x100m Relay Team** Matthew Noakes, Raphael Reed, Joseph Campbell, Alex Kavouras Sussex County Champions -**Women’s South Downs Way Relay Team** as in past years put in a strong performance and seemed to have the most fun too - **Girls U17 Relay Team** SEAA Bronze, best ever finish by a Phoenix Team - **U17 Girls XC Team** Sussex League Winners - **Senior Men Sussex Road Relay Team** Champions yet again! - **Senior Men XC Team** Sussex Champions - **Senior Women** British 10k Road Champions -**U17 Girls Training/Racing Squad** all very committed and supportive of each other - **Website/Communications Team** Pete Goodman Tom Hooper Andy Bone Matt Greenall Amelia Culshaw Mark Cossey Andrew Haig Paul Whelpton and all other contributors keeping us informed and entertained and providing high-quality publicity to attract new members.

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