

Junior

Sportshall/Quadkid/Multi-event Boy

Winner

David Otero - A team player who competed in Sportshall events with focus, commitment and determination.

Nominations

Josh Horsfield - Regularly competed in Sportshall and took part in Quadkids.

Reuben Horsfield - Regularly competed in Sportshall and took part in Quadkids.

Sportshall/Quadkid/Multi-event Girl

Winner

Sky Hemborough - Was selected to represent Sussex in regional Sportshall.

Nominated

Izzy Pashley - Took part in all Sportshall events and Quadkids.

Burchell Award - Boy

Winner

Woody Shaw - Woody is very enthusiastic, very rarely misses training and works hard during training, is committed and regularly competes for Phoenix.

Nominated

Ciaran Borkett - Regularly competes across all disciplines.

Eli Otero - Incredibly happy, loves training and competing.

Burchell Award - Girl

Winner

Jenaveve Lee - Jen was very supportive to her teammates in the Goodwood relays despite her disappointment at not being selected to run with her friends. She captained her team brilliantly, showing great resilience.

Nominations

Viv Bonnet - Trains with the running for fitness group and has competed a couple of times in open track events, now is a regular Parkrunner.

Uma Clark - Trains with the running for fitness group and has competed a couple of times in open track events, now is a regular Parkrunner.

U11 Boy

Winner

Evan Risdale - Evan will compete in every competition going if he had the chance. During training he's a great role model, listens well and shows great concentration ensuring drills etc are done correctly, we often have to hold him back to prevent over training he's that enthusiastic!

Nominations

Sean Kennedy - Improving all the time, showing great commitment.

Woody Shaw - Woody is very enthusiastic, very rarely misses training. He works hard during training, is committed and regularly competes for Phoenix.

U11 Girl

Winner

Izzy Pashley - Izzy is continually improving, a year ago she struggled to compete and didn't really enjoy it. We now see her running regularly in most events and chases a PB most weeks in Junior Parkrun.

Nominated

Skye Hemborough - Rarely misses training and when she does compete always has a great result.

U13 Boy

Winner

Ronnie Tregidga - Followed up a first season in Cross Country with excellent results in sprints, 600m and 800m.

Nominated

Liam Alexandrou - He'd run twice a day if the coaches allowed it!

Isaac Bowley - Real progress this year against some very good rivals.

Lucas Hart - Track Cross Country or Road, is always pushing forward.

Felix Steer - Loves training and racing and starting races fast.

U13 Girl

Winner

Ava Pashley - Due to commitment & focus attained 20+ second PB's in both 600 & 1000m & remains a supportive team-mate to all who have not achieved her levels of improvement.

Nominated

Stella Gambie - Built strongly on her previous year's excellent achievements with Phoenix and the Sussex County team.

Jenaveve Lee - Quickest Under 13 sprinter with improving endurance.

U15 Boy

Winner

Frank Jones - Frank has a great attitude and has shown great commitment to training and racing throughout the year, racing consistently both on track and XC.

Nominations

Dara Hickey - Dara has trained consistently and showed a good attitude that has led to steady improvement.

Louie Pegley - Regular Parkrunner and usually at the front of the Sunday long run group.

U15 Girl

Winner

Katherine Haslip - Katherine battled ill health to achieve a 2nd place in the sussex schools 1500m and reached the final of the English schools 1500m.

Nominations

Iris Hunter - Consistently improving throughout the year.

Tula Wegbury - ranked 3rd in Sussex over the 3k.

U17 Boy

Winner

Jake Pursey - great commitment both training and racing and good improvement 4th fastest U15 800 in Sussex with 1:58.46.

Nominations

Corbin Bailey - although injury hampered his summer performed well in the winter making the Sussex Schools XC team.

Max Simpson - Good improvement throughout the year improving his 800PB to 2:02.

U17 Girl

Winner

Maya Sidebotham - Sussex schools 100m champ and ranked 3rd over 100m in the county.

Nominations

Elodie Bell - Elodie's great attitude and very consistent training has led to good performances at XC and PBs on the track.

Greta Hunter - Greta's consistent training has led to good performances both on track and XC.

Senior

U20 Male

Winner

Owen Wallek - Like all the athletes in the group Owen has a great attitude and commitment, he had a great season becoming Sussex schools 1500m and Sussex XC champ and he reached final of English Schools 1500m.

Nominations

Ethan Curran - Ethan ran 1:52 @ 800m ranking him the 3rd fastest U20 in Surrey.

Miles Waterworth - Although a season interrupted by injury Miles still managed to come 4th in the English schools XC championship and 5th in the English schools 3000m.

U20 Female

Winner

Imogen Read - Imogen trained consistently and her hard work resulted in an 800 PB in the summer.

Nominations

Sofia Akilade - PBs in both the 100 and 400m over the summer.

Jahnvi Choksi - trains consistently and always supportive to other athletes.

U23 Male

Winner

Josh Burton - a great attitude and his consistent training was rewarded with a sub 15min track 5k.

Nominations

Leo Brewer - continues to run well in America setting new PBs from 1500 through to 5k, breaking 14mins for 5k.

Ben Connolly - came through a couple of years of injury to record some good PBs, always supportive to other athletes.

U23 Female

Winner

Mia Edwards - Consistently representing both Phoenix and Exeter Uni in a host of events and a very dedicated trainer in a host of groups.

Nominated

Milly Dickinson - Despite some injury problems Milly has juggled academic and track commitments and has performed well over 1500m.

Almi Nerurkar - Big talent who has put down some markers on the country and the roads this year and has recently moved to the States to run for the famous Georgetown University track team.

Senior (18-39 year old) Male

Winner

George Mills - Springboarding off his middle-distance pedigree, George ran 12:58 indoors, was European silver medal medallist and an Olympic finalist over 5000m.

Nominations

Leo Brewer - Serious body of work across many distances as part of the Yale University track team.

Toby Harries - Stalwart of the GB & NI relay team, playing a crucial role in both qualifying for the Olympics and then helping the team to the final, securing a bronze medal in the process.

Jamie Signy - Classy run of 2:28 in the Berlin marathon taking 11 mins off his London time in April.

Senior (18-34 year old) Female

Winner

Grace Vans Agnew - New PB of 2:01 in the 800m in a excellent performance to make the final of British Olympic trials and also got her first England vest.

Nominations

Beth Kidger - Her 2:37 broke the club marathon record in her debut over the distance in Frankfurt.

Kate Natkiel - Several eye-catching performances both home and abroad including the Bexhill and Friday Night Under the Lights 5km and the Valencia 10km.

Almi Nerurkar - Bronze medal in the BUCS XC championships and strong performances on the roads over 5km and 10km.

Vet Male 40-49 year olds

Winner

Ross Brocklehurst - Despite an injury hit second half of the year Ross ran PBs across every distance from 5km to marathon including an incredible sub 32 effort at the Chichester 10km.

Nominations

James Brewster - Improved his PBs across every distances from 5km to the marathon, including an improvement of 90 seconds over 10km.

Jon Clays - Another strong year of marathoning with a 2:35 clocking in Seville and a 4th place finish in Guernsey.

Jim Risdale - The epitome of a club man, Jim ran with distinction across a variety of XC, Road and track distances and will compete whenever the club requests.

Vet Female 35-49 year olds

Winner

Katrina Scott - Excellent marathon PB of 3:03 in London in April and lowered her parkrun significantly to 18:25.

Nominations

Becky Knight - Very good 4th place finish at County Masters XC championships.

Sibel Latchman - Debut marathon to secure a Boston QT and ran with distinction for GB over the half marathon in the world masters champs.

Jess Stribbling - Gutsy London marathon after an injury-hit year but continued to be a huge presence across the club.

Vet Male 50-59 year olds

Winner

Adrian Haines - Silver medallist at 800m at the British Masters.

Nominations

Gary White - A series of strong marathon performances and a stalwart of club activity.

Barry Blackwell - Sussex Masters XC team medallist and regular competitor on the track this summer.

Dave Rogers - ran several eye-catching sub 60 400ms including a 57.78. Also competed well at the World Masters.

Vet Female 50-59 year old

Winner

Suzy Rushforth - Sussex 5000m champion despite a serious rib injury earlier in the year.

Nominations

Tabitha Atkinson - Completed the Brighton and Amsterdam marathons as well as the Masters County XC race.

Amelia Culshaw - finished as second V50 at Rome Marathon in a PB of 3.14.

Lisa Ebdon - Another committed season topped off with a marathon PB at Amsterdam.

Vet Male 60+

Winner

Kurt Hoyte - individual silver at the Sussex Masters XC champs. Rolled back the years this summer with 36.54 at 10km and 17.35 over 5km.

Nominations

Phil Grabsky - competed regularly on track and road with terrific performances at the European Masters in Torun including a 1500m PB.

Kevin Lowe - solid season with a bronze at 400m in the v65 category at the British Masters Championships.

Vet Female 60+

Winner

Liz Halliday – competing successfully all over Sussex, the UK and Europe in various sports, distances and levels of competition.

Nominated

Judith Matthews - Representing the club on the roads as well in trail and XC races from 5km up to the half marathon.



Multisport

Multisport Athlete of the Year Award

Winner

Liz Halliday – competing very well in duathlon and triathlon at European and world championships as well as successes in bike racing and XC skiing.

Nominations

Nicole Allan – represented GB in the world Duathlon champs, finishing 16th in the Elite women's race.

Nigel Lambe – standard distance duathlon world championships success competing for Ireland.

Gemma Shadbolt – qualifying for Kona as well as successes in long distance duathlon European and World championships.

Multisport Outstanding Achievement of the Year Award

Winner

Hildi Mitchell – joining the exclusive Cross Channel swimming community...17 hours non-stop swimming!

Nominations

Emma McCrae – silver medal competing for GB in Obstacle Course Racing (OCR).

Gemma Shadbolt – qualifying for Kona Ironman World Championships.

Multisport Championship Award (Male)

Geoff Pike

Multisport Championship Award (Female)

Jenny Parkwood

Team

Outstanding team

Winner

Men's Southern & National 6-Stage Team - A very youthful team qualified for Nationals and then excelled to record a superb 18th place finish.

Nominations

U17 Boys XC / Southern Road Relay Team - A really good group is forming who are set to emulate their peers in the higher age group.

SDWR Women's Team - Defended their title with great resilience and camaraderie despite injuries to a number of the previous year's team.

Most Committed team

Winner

U13 Boys XC team - Despite large numbers training on Wednesdays, at times, last winter, very few of the group were able to regularly attend XC meets.

Nominations

U13 Girls - a small and tight knit group, they rely on each other turning up to compete in team events and individually they continue to support and push each other on.

12-Stage Southern Men - Compromising members from all over the country and a host of training groups they ran with a lot of courage and tenacity in a high class event.

Performance

Best Performance Road/XC (Male)

Winner

Miles Waterworth - 4th place in the English Schools XC champs.

Nominations

Finn McNally - Winning the Northern Irish XC championships in Donegal.

Brandon Liao - Smashed his goal of a sub 16 min 5km after a perfectly focused training block.

Jamie Signy - Superb negative split 2:28 at the Berlin marathon, an 8 minute PB.

Best Performance Road/XC (Female)

Winner

Beth Kidger - Smashed the club marathon record with a 2:37 debut in Frankfurt, the 2nd quickest time by a Welsh women in 2024.

Performance

Stella Gambie - Representing Sussex in the XC Intercounties Champs after a strong cross country season.

Almi Nerukar - 3rd place in a very high quality BUCS XC race in Leeds.

Best Performance Track & Field (Male)

Winner

Toby Harries - Fantastic Olympic bronze medal as part of the GB&NI mens 4x400m relay team in Paris.

Nominations

Leo Brewer - Top class 13:55 5000m performance in the US Raleigh Relays in March.

Joshua Burton - Wonderful 14:55 5000m PB on the same track he ran excellently in the infamous night of the 10000m PBs event.

George Mills - Composed European 5000m silver in Rome behind a certain Jakob Ingebrigtsen.

Best Performance Track & Field (Female)

Winner

Hollie Parker - Taking 8 seconds off her 1500m PB over the course of the summer, lowering it down to 4:12.10.

Nominations

Jenaveve Lee - Great progression in the 100m, lowering her PB to 14.21.

Grace Vans Agnew - Superb 5th place in the British 800m Championship in an absolutely loaded final

Individual

Volunteer of the Year

Winner

Mike Scofield - Coach, admin extraordinaire, membership secretary, race performance statistician, media man, van driver, runner and about 20 other roles.

Nominations

Jon Clays - Great enthusiasm as an assistant coach for the Juniors and stood in as race director at short notice for the Phoenix 10km.

Nicola Swanson - Sportshall and Junior coach who has a huge influence on everyone she deals with and pushes us to be better.

Award for Commitment and Enthusiasm

Winner

Teo Van Well - Evergreen presence at all sessions, always up for a run, putting on XC sessions for his peers and no shortage of racing either including two Global Masters medals.

Nominations

Egoan McKenna - Anyone who has spent a moment with Eogan will understand why he has been nominated. The personification of enthusiasm.

Ava Pashley - Ava has competed in a huge number of events for the club, doing so with a great combination of talent and passion.

Fletcher Roberts – Fletch is the embodiment of commitment who continues to smash through any obstacles that are put in front of him.

Coach of the Year Award

Winner

Nicola Swanson - Excellent coaching of the Sportshall and Junior athletes creating an environment where our next stars begin their journey in athletics.

Nominations

Andy Fozzard - Working tirelessly to propel our dedicated sprinters to new levels of performance.

Geoff Hill - Guiding a huge number of athletes every Monday and working incredibly modestly to help several individuals to new heights from 5km to 42km.

Bruce Faulkener Award

Winner

Jim Risdale - PB in every track distance from 800 to 5000. Representing the club at multiple XC events twice medalling in team events. Further PBs on the road at 5km and HM. Monday training regular and quietly committed member of the club.

Nominations

Sam Garrity - Completed his World Marathon Majors 6 stars with a superb PB of 2:52 in Tokyo and epitomises dedication and perseverance.

Nigel Herron - British Masters Indoors, World Masters, BMAF Champs, European Masters Indoors, Sussex Masters League... are just a handful of the events that Nigel has competed in this season. A real grafter who always demands more of himself.

'Tough of the Track'

Winner

Ravi Clark - A role model and leader who trains and races all year round with great class and guts. "We all dream of a team of Ravi Clarks."

Nominations

Sophia Akilade - Very dedicated attitude in training was rewarded with new PBs over 100m and 400m.

Ben Connolly - A real lynchpin of his group, Ben rose above injury setbacks and was rewarded with breaking 2 and 4 mins in the 800m and 1500m respectively.

Fletcher Roberts - An inspiration to everyone in the club with his attitude and talent, Fletcher represented his country and ran in the iconic London marathon mile.

Best Newcomer Award

Winner

Euan Willis - Ran 3:57 over 1500m and a classy 8:34 3000m as well as being a key member of the National 6 stage relay squad since joining from Reigate Priory.

Nominations

Ethan Curran - Moved from Crawley and has performed notably over 400m (50.43) and 800m (1:52).

Patrick Maher - The former International 400m hurdler ran close to sub 15 over 5km and recorded a superb 2:29 at the Berlin marathon.

Best Comeback Award

Winner

Ben Connolly - His dedication to cross training and a selfless, positive attitude was rewarded with big breakthrough performances in both the 800m and 1500m.

Nominations

Patrick Maher - After a serious incident in the Brussels marathon, Pat's return to fitness has been remarkable.

Hollie Parker - Huge volume of track races after finding her love for the sport again and recorded new PBs of 2:05.31 (twice!) in the 800m and 4:12 over 1500m.

Blackcap Winner

Valentina Avella

Chairman's Award

Jon Clays

