



Harpenden Arrows

2023 Awards

February 3rd 2024

The Club League Winners



Bonus Awards – Top Trail Runners



Distance Awards 2023

Distance Covered - Run 500 / 1000 / 1500 / 2000 / 2500 in the year

500

Djerk Geurts
Claire Watts

1000

Philip Dean
Nick Herbert
Taras Huzar
Nicholas Screen
Peter Thornton

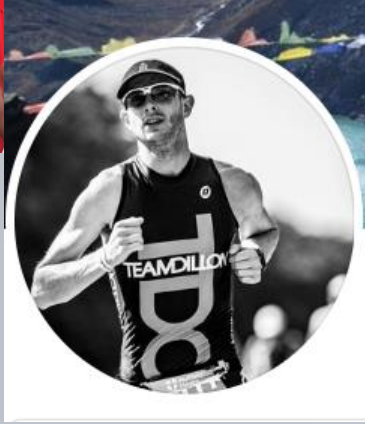
1500

2000

Lyndon Hearn

2500

Terry Atkinson



Distance Awards 2023

Full House - Run a 5k, marathon and 3 other intermediate distance events

Full House

Louise Crosby
Graham Harper
Aisling Patterson
David Green
Mark Pattison



Ultra Award - Run a 50k, 100k and longer than 100m events all in the year

Ultra

The Ammon



The Rocket

Run a 1m, 5k and 5m all at WAVA 75% or above

- Tracy Carr
- Janice Nisbet
- David Green



Club Performance Awards

Level	Name	To complete at least	Performance
1	Club	3 formal events at 2 different distances	1 of which must be at 55% WAVA or above
2	Bronze	4 formal events over a minimum of 2 different distances of which 1 must be a minimum of 10k	2 of which must be 60% WAVA or above
3	Silver	4 formal events over a minimum of 3 different distances, 1 of which must be a minimum of a half marathon	3 of which must be 65% WAVA or above
4	Gold	5 formal events over a minimum of 3 different distances, 1 of which must be a minimum of a marathon	4 of which must be 70% WAVA or above
5	Platinum	6 formal events, over at least 4 different distances including a 5k, a marathon, and an ultra (30 miles or longer),	4 of which must be 80% WAVA or above



The Club Award

(Level 1) Complete **3** formal events at **2** different distances, 1 of which must be at **55% WAVA** or better

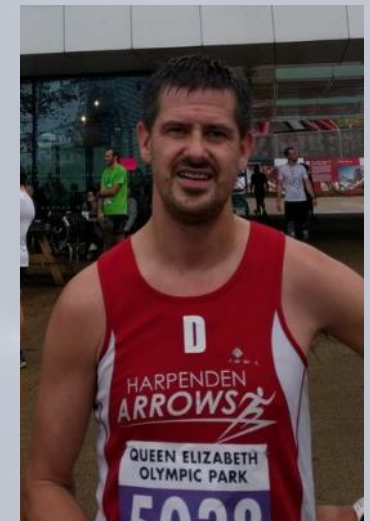
- Brian Yates



Club Award Bronze

(Level 2) Complete at least 4 formal events over a minimum of 2 different distances of which 1 must be a minimum of 10k, 2 of which must be 60% WAVA or above

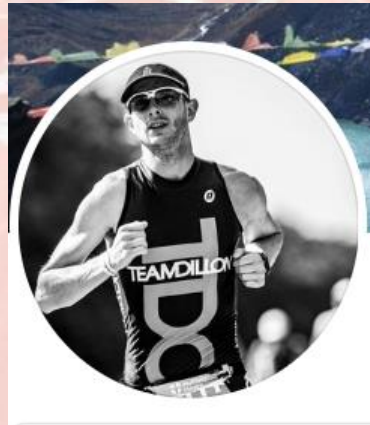
- Phil Dean
- Julie Horrocks
- Djerk Geurts



Club Award Silver

(Level 3) Complete at least 4 formal events over a minimum of 3 different distances, 1 of which must be a minimum of a half marathon and 3 of which must be 65% WAVA or above

- Graham Harper
- Audrey Zilliox
- Nick Herbert
- Nicholas Screen
- Janice Nesbit
- Andrew Bracey
- Claire Watts
- Mark Pattison
- Jo Davies



Club Award Gold

(Level 4) Complete at least 5 formal events over a minimum of 3 different distances, 1 of which must be a minimum of a marathon, 4 of which must be 70% WAVA or above

- Terry Atkinson
- Louise Crosby
- Taras Huzar
- Peter Thornton
- Aisling Paterson
- Lyndon Hearn



Club Award Platinum

(Level 5) Complete at least 6 formal events, over at least 4 different distances including a 5k, a marathon, and an ultra (30 miles or longer), 4 of which must be 80% WAVA or above

- David Green



Special Mentions

- Mark Pattison
- Issy & Steve Green
- Julie Horrocks
- John & June Rowlands
- Chris Ferguson
- Club 5k – Peter Thornton & Djerk & MANY others!
- RunLeaders



Special Mentions – Our Run Leaders

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- Aly
 - Anita
 - Audrey
 - Ben
 - Claire
 - Djerk
 - Doug W
 - Ed
 - Graham
 - Issy
 - James B
 - Jen
 - Julie
 - Louise
 - Lyndon
 - Rowland
 - Sam W
 - Sharon
 - Steve B
 - Speirsy
 - Terry
 - Viddy
 - Mark G-W
 - Mike A
 - Philip T

Outstanding Achievement

Awarded by the previous winner in recognition of achievements and activities in the year.

Awarded by Scott Clarke – winner in 2022

for his efforts to support the club through his tireless efforts to produce weekly parkrun stats. Well deserved and also in good company with all previous winners there (bar Scott) Ammon, Chas & David, & Graham, Brian & Janice



Committee Award

Awarded by the management team in recognition of activities in support of the club, the running community and, just overall, exhibiting characteristics we all admire and appreciate.

Goes to Ammon Piepgrass for his running and sporting passion, support to the club in many events and extra-curricular activities supporting in guide-running, runners in other challenges and is also known for looking out for the tail-enders in all races or events.



Members' Award

A choice by the members to freely nominate individuals who they feel require special recognition by and from the club.

Nominations included the following, but was won by Julie Horrocks

- Anita White
- Audrey Zilliox
- Graham Harper
- Isabel Green
- John Rowlands
- Julie Horrocks
- Lyndon Hearn
- Mark Pattison
- Terry Atkinson
- Sharon Stanley





Here's to 2024!!!