

Elaine Shemilt

- An amazing lady! Her recent medal-winning success for the Team GB Veterans is just the icing on the cake. I would love to see her name on this year's Piggybank Trophy.
- For her effort in her recent run up a mountain in Spain and being 1st over70 and winning a gold medal with team GB.
- Elaine is a lady whose efforts and achievements are very understated but at 70 years old took on a 17k hill race challenge in Canfranc, Spain. She did this to raise funds for South Georgia Heritage Trust, a charity close to her heart of which she has been an Emeritus Trustee for numerous years and had been involved with the charity from the outset. This was a huge undertaking on her part and was so very much out of her comfort zone. She was part of the GB team taking on the various hill climbs that weekend. Undaunted, Elaine, determined as ever, took the challenge by the scruff of the neck and despite taking a bad tumble on the descent finished 2nd VF 70 and was part of the VF 70 gold medal team. Pretty inspiring, in my view, and it shows that bravery, grit and determination were very much needed for her to achieve this amazing feat.
- Dare to try and see what can be achieved. An inspiration to all.
- Fantastic and inspirational running in World Masters Mountain Running Championships. Winning individual silver and team gold is amazing, and she also raised a large amount of money for her charity, the South Georgia Heritage Trust. A brilliant achievement and especially inspirational to us older runners - age is no barrier!
- World champion and proof that age is no barrier!
- European medallist in mountain running.
- Elaine has been in the Club several years and taken part in many races and club events. Just recently she took part in an epic hill race achieving medals of silver and gold. The description of the hill would have required great stamina and Endurance, not forgetting an abundance of concentration.

Martin Rollo

- Always has a smile on his face after a race and I don't think has ever not enjoyed a run in his life - now that's inspiring. Along with being really welcoming to new members, he's always up for a chat or has some tale from his past to entertain with. The club wouldn't be the same without him (and neither would the dancefloor).
- Martin is so positive about running and his enthusiasm is infectious.
- He has such a refreshing attitude to racing, is always at club no matter what and generally reminds us to enjoy the moment!
- Fantastic attitude towards running, an inspiration to us all.

Carrie Baird/Baird Family

- Restarted running in the spring with a C25K and has completed several races, including a HM, and repeatedly achieved PBs.
- I think the way Carrie and David have committed to DRR this year is amazing, they have both embraced where they are as runners and trying to improve themselves. The way they manage their childcare etc so they can both attend different races and also how much Eric is part of that, seeing him at Saturday and Sunday parkrun following their examples is lovely, helping him improve when he wants to but never pressurising him. I think they are a great example of how running can draw a family together.

Michael Richardson

- Good with new members and also rapid.
- He has only been the club for one year, but has made incredible improvements! Also always is such a positive energy to run and be around.

Adam Hart

- Just keeps getting faster!

Shona Candlish

- Always encouraging others. Happiest person running up a hill.

Harry Kay

- To recognise his contribution to the club over the past 40 years which would be fitting in the anniversary year. In particular his contribution to coaching over a number of years and the way he makes everyone in the club particularly new members feel welcome informed included and supported. These are the values that make DRR an inclusive and welcoming club.

Laura Darling Brackenridge

- Amongst people of a similar pace to me, she is the most improved this year.

Ged Hanlon

- In the 40th year of DRR, it would be most appropriate for the award to go to one of the few original members of the club. Ged's contribution to the club, both this year, and over the last four decades, is unmatched.

Morag Taggart

- Outstanding running and commitment to DRR over the years. Morag is an amazing runner and has achieved Platinum in the Club Standards this year. She often wins her Age Category in races and is a great Ambassador of DRR. She is also an excellent coach helping all runners to achieve their goals. Such an inspiration to all!!

Alan Kettles

- For setting up the race on his farm. Lots of work I think for him and family.

Alison McNeilly

- As well as being an exceptional runner, achieving a very high standard on all road distances, Alison is a true club runner. She is the first person to greet and learn the names of newcomers, always making sure they're welcome. She attends club at least 2 if not 3 times every week, regardless of whether club sessions fit into the training for her goal races. She participates in and supports the organisation of so many club events, and has dedicated an enormous amount of her own time to leading the club as chair.

Keith Gelly

- I'm new to the club & lots of people are very worthy however I knew Keith as an intermittent runner & since joining the club I see his speeds & distance have improved & I love seeing his joy of running.