



And the winners are...



The SGRAC awards night dinner took place at the end of November to celebrate the club's achievements during 2009. And, after months of eager anticipation, the award winners were finally announced. Many congratulations to the four age-group category winners below, and to everyone else who picked up a gong on the evening. See page two for a full report about the evening, plus full details of all the other award winners.

Senior Male



Lewis Chalk

5 miles: 26.44, Victory
 10k: 33.56, RNLI
 10 miles: 60.37, New Forest
 Marathon: 2.57.02, New York

Senior Female



Karen Dean

10k: 58.52, Denmead
 10 miles: 1.30.37
 Half Marathon: 2.00.46, Reading

Veteran Male



Mike Harper

Winner of SGRAC champs (283 pts)
 Ran all 12 HRRL races
 RR10s: 12th MV (40th overall)

Veteran Female



Georgie Wallis

5 miles: 36.20, Victory
 10k: 45.42, Eastleigh
 10 miles: 1.19.17, Salisbury
 Half Marathon: 1.44.49, Gosport
 Ran all 12 HRRL races