

HELSDY RUNNING CLUB
Club Champions since 1980

YEAR	MENS' TROPHIES						LADIES' TROPHIES						OTHER TROPHIES							
	Roads	Hill&Fell	Cross Country	Border League	Long Trail/Trail	Club Champion	Roads	Hill&Fell	Cross Country	Border League	Long Trail/Trail	Club Champion	Summer Handicap	Winter Handicap	Joe Beswick Trophy for Services to Club	Most Improved Runner - Male	Most Improved Runner - Female	Greatest Comeback	Best Road Allrounder - Male	Best Road Allrounder - Female
1980/81																				
1981/82																				
1982/83														G Ratcliffe	Joe Wycherley					
1983/84														Kath Scott						
1984/85														Mike Jones						
1985/86														Derek Tubb						
1986/87	K Stanley	S Cobain	Mike Frayne & Derek Tubb			Michael Jones								G Rainer						
1987/88	Mike Frayne	S Cobain & M Jones	John Wycherley			Michael Jones								R Wood						
1988/89	Mike Frayne	R Wood	John Wycherley			Michael Jones								P McGovern	M Jones					
1989/90	John Wycherley	P Davies	John Wycherley			Paul Davies								I Roylemce	John Wycherley					
1990/91	John Wycherley	M Edwards	John Wycherley			John Wycherley								Joe Beswick	Mike Frayne					
1991/92	John Wycherley	Dave Ellams	R Wood			Michael Frayne								John Clare	Ann Stringer					
1992/93	Mark Hinson	Mario Foschi	R Wood			Mark Hinson								Ian Hilditch	Marcus Walker & Mike Frayne					
1993/94	Paul Frodsham	G Woodward	S Joyce			Mark Hinson								Mike Searle	Mark Hinson & Alex Robinson					
1994/95	Paul Frodsham	Carol Banlin & Andy Watkins	Mark Hinson			Ian Simpson								Joan Minty	John Wycherley					
1995/96	Graham MacNeil	Matthew Wigmore	Mark Hinson			Graham MacNeil								Albert Berry	Paul Frodsham					
1996/97	Paul Frodsham	Matthew Wigmore	Graham MacNeil			Marcus Walker								Dave Ellams	Sharon Simpson					
1997/98	Paul Frodsham	Wayne Percival	Dave Norman			Paul Frodsham								Lucy Gallon	Marcus Walker					
1998/99	Paul Frodsham	Wayne Percival	Ian Wetherall			Wayne Percival								Kathryn Roberts	Mark Hinson					
1999/00	Mark Hinson	Graham MacNeil	Paul Frodsham			Graham MacNeil								Mike Urmston	Graham McNeil					
2000/01	Ian Wetherall	Graham MacNeil	Graham MacNeil			Graham MacNeil								Josie Murphy	Marcus Walker					
2001/00	Graham MacNeil	Graham MacNeil	Graham MacNeil			Graham MacNeil								Ann Stringer & Karen Frodsham	Kathryn Roberts & Carol Shaw					
2002/01	Graham MacNeil	Graham MacNeil	Graham MacNeil			Graham MacNeil		Steph Charman	Kathryn Roberts			Kathryn Roberts		Mike McShane	Andy Smith					
2003/02	Graham MacNeil	Graham MacNeil	Andy Smith			Andy Smith	Kathryn Roberts	Steph Charman	Kathryn Roberts			Kathryn Roberts		Andy Todd	Vanessa Griffiths					
2004/03	Andy Smith	Andy Smith	Max Taylor			Andy Smith	Vanessa Griffiths	Steph Charman	Kathryn Roberts			Vanessa Griffiths		Brandon Taylor	Vanessa Griffiths					
2005/04	Andy Smith	Max Taylor	Max Taylor			Max Taylor	Carol Shaw	Kathryn Roberts	Kathryn Roberts			Steph Charman		Adair Broughton	Bob Huntbach					
2006/05	Adair Broughton	Richard Mitchell	Adair Broughton	Adair Broughton		Mike Charman	Kathryn Roberts	Kathryn Roberts	Kathryn Roberts	Holly Taylor		Steph Charman		Graham Lloyd	Rachel Lambert & Steph Charman					
2007/06	Adair Broughton	Adair Broughton	Adair Broughton	Adair Broughton		Adair Broughton	Janet Shaw	Steph Charman & R Lambert	Rachel Lambert	Vanessa Griffiths		Steph Charman		Steven Mitchell	Adair Broughton					
2008/07	Adair Broughton	Adair Broughton	Andy Smith	Andy Smith		Andy Smith	Carol Shaw	Janet Robertson	Steph Charman	Carol Shaw		Steph Charman		Gareth Boyd	Robbie Webster					
2009/08	Adair Broughton	Adair Broughton	Adair Broughton	Ian Landucci		Adair Broughton	Carol Shaw	Jane Ashbrook	-	Vanessa Griffiths		Vanessa Griffiths	David Feakes	Gareth Boyd	Jackie Keasley					
2010/09	Adair Broughton	Adair Broughton	Adair Broughton	Adair Broughton		Adair Broughton	Janet Shaw	Jane Ashbrook	Janet Roberston	Janet Shaw		Jane Ashbrook		Phil Gillard	Andy Robinson					
2011/10	Adair Broughton	Adair Broughton	Adair Broughton	Ian Landucci	Andy Robinson	Adair Broughton	Carol Shaw	Jackie Keasley	Jayne Joy	Carol Shaw		Jane Ashbrook	Lesley Feakes	Dave Madders	Jayne Joy & Betty Grieve					
2012/11	Adair Broughton	Adair Broughton	Adair Broughton	Colin Bishop	Andy Robinson	Adair Broughton	Jayne Joy	Jayne Joy	Jayne Joy	Vanessa Griffiths	Jackie Keasley	Jayne Joy		Tom DeJong	Davie & Lesley Feakes					
2013/14	Colin Thompson	Adair Broughton	Colin Bishop	Colin Thompson	Andy Robinson	Colin Thompson	Carol Shaw	Jayne Joy	Rachel Arnold	Jane Ashbrook	-	Jayne Joy	Tom De Jong	Roy Duffy	Jane Ashbrook	Derek Morris	Louise McEveley	Ian Landucci		
2014/15	Colin Thompson	Jim O'Hara	Adrian Jackson	Colin Thompson		Colin Thompson	Joanne Lacking	Rachel Arnold	Jackie Keasley	Carol Shaw		Joanne Lacking	Adrian Jackson	Ellen Harris	Steve Wiggins	Colin Bishop	Emma Barnes	Adrian Jackson		
2015/16	Chris Fitzpatrick	Jim O'Hara	Ian Landucci	Chris Fitzpatrick		Ian Landucci	Joanne Lacking & Jane Ashbrook	Jane Ashbrook	Jane Ashbrook	Joanne Lacking		Jane Ashbrook	Neil Hughes	Hannah Sadaoui	Laura Baynham-Hughes	Ian Hamling	Alison Halsall	Gareth Boyd		
2016/17	Colin Thompson	Jim O'Hara	Colin Bishop	Colin Thompson	Colin Thompson	Neil Finegan	Joanne Lacking	Laura Baynham-Hughes	Suzanne Fletcher	Laura Baynham-Hughes	Debbie Read	Laura Baynham-Hughes	Jamie Kong	John Gallon	Jackie Keasley	Adam Gordon	Alison Halsall	Gareth Boyd		
2017/18	Colin Thompson	Jim O'Hara & Adam Gordon	Ian Rutherford	Chris Fitzpatrick & Ian Rutherford	Adam Gordon	Ian Rutherford	Janet Shaw	Laura Baynham-Hughes	Laura Baynham-Hughes	Rachel Holden	Debbie Read	Laura Baynham-Hughes	Nick Ryder	Kate Mann	Chris Fitzpatrick	Chris Collins	Emily Smith	Richard Hankins	Geoff Collins	Tanya Downes
2018/19	Chris Fitzpatrick	Adam Gordon	Kevin Smith	Chris Fitzpatrick	Peter Rodriguez	Chris Fitzpatrick	Rachel Holden	Laura Baynham-Hughes	Debbie Read	Hannah Cowley	Debbie Read	Laura Baynham-Hughes		Steve Wiggins	Jackie Keasley	Danny Ryder	Leah Binns	June Whitehead		
2019/20														Chris Larkin						