

DEAL TRI AWARDS 2009

AWARD	WINNER
Most improved swimmer – Female	Sally Gilbert
Most improved swimmer – Male	Campbell Main
Most improved cyclist – female	Jo Malpass
Most improved cyclist - male	Andrew Cliff
Most improved runner - female	Nikki Smith
Most improved runner - male	Kev Brown
Most improved triathlete - female	Jo Malpass
Most improved triathlete - male	Jez Dack & Rob Pickford
Most Improved Duathlete – Female	Angie Taylor
Most Improved Duathlete – Male	Kevin Gardener
Swimmer of the year	Caroline Dack
Runner of the year	Gordon Findlay
Cyclist of the year	Martin Lloyd
Duathlete of the year – female	Sally Gilbert
Duathlete of the year – male	Ashley Holmes
Duathlete of the year – vet	Theo Batley
Duathlete of the year – super vet	NOT AWARDED IN 2009
Triathlete of the year – female	Kathryn Hewitt
Triathlete of the year – male	Dave Fowler
Triathlete of the year – Vet male	Kerim Keral
Triathlete of the year – Vet female	Penny Fairbrass
Triathlete of the year - Super Vet	Ian Pettitt
Swim Handicap Champion	Alison Spargo
Cycle handicap Champion	Liz Bradford
Run Handicap Champion	Sally Gilbert
Paul Groves Trophy	Mark Whitaker
Ada Wray Trophy	Ian Pettitt

Run League Champions

Overall Female	Jill Cliff
Overall Male	Theo Batley

Senior Female	Jo Hammond
Senior Male	Ashley Holmes
Vet Female	Jill Cliff
Vet Male	Theo Batley
Junior female	NOT AWARDED IN 2009
Junior Male	NOT AWARDED IN 2009
Super - vet Female	Mel McNie
Super - vet Male	Kevin Brown
Vintage Female	Wendy Cousins
Vintage Male	Dave Martin

Triathlon league Champions

Overall Female	Jill Cliff
Overall Male	Tim Kingston
Senior Female	Jo Hammond
Senior Male	Tim Kingston
Vet Female	Jill Cliff
Vet Male	Phil Mallery
Supervet Female	Sally Scoggins
Supervet Male	Ian Pettitt
Vintage Female	NOT AWARDED IN 2009
Vintage Male	Tony Jones

Cycle League

Overall Female	Elna Van de Ryst
Overall Male	Martin Dunford

NOTE: Awards that are **highlighted** winners receive a shield (to be handed back each year) as well as a trophy to keep.