

MOST IMPROVED RUNNER OF THE YEAR

2001	John Cawley
2002	Sarah Holwell & Allan Robertshaw
2003	John Crabtree
2004	Paul Milnes
2005	Andy Dalby
2006	Liz Caven
2007	Liz Bagheri
2008	Geoff Perigo
2009	Edward East
2010	Colin Davidson
2011	Anna Smith
2012	Anne du Chemin
2013	Phil Bland
2014	Paul Thomas
2015	Lee Kaznowski
2016	Mark Delaney
2017	John Buddle
2018	Matthew Adams
2019	Jo Milsom
2020	Not awarded due to the Coronavirus pandemic.
2021	Shelagh Hopkinson & Gill Smith
2022	Donna Kaznowski
2023	Diane Williams
2024	Graeme Kay