



# TAVISTOCK Athletic Club

www.tavistockathletics.co.uk

## CLUB AWARDS SCHEME

*Recognition - Celebration - Inspiration*

### Awards Achieved

### May 2022

Date	Name	Age Cat.	Event	Time	Age Grade	Award
02 May 2022	Adam Holland	Senior Male	Milton Keynes Marathon	2:42:22	77%	Marathon Gold Star
02 May 2022	James Armstrong	Senior Male	Milton Keynes Half Marathon	1:37:40	61%	Half Marathon Silver
02 May 2022	Jodi Armstrong	F35	Milton Keynes Half Marathon	1:37:41	68%	Half Marathon Silver Star
03 May 2022	Samantha Lake	F40	Run Exe 5k	0:19:45	77%	5k Gold Star
07 May 2022	Alastair Peers	M40	Ivybridge 10k	0:39:43	72%	10k Gold
07 May 2022	David Harris	M55	Ivybridge 10k	0:41:54	76%	10k Gold Star
07 May 2022	Richard Nettleship	M50	Ivybridge 10k	0:49:37	62%	10k Silver
07 May 2022	Tracyann Cole	F50	Ivybridge 10k	0:50:21	68%	10k Silver Star
07 May 2022	Peter Bazley	M65	Ivybridge 10k	0:51:19	68%	10k Silver Star
07 May 2022	Grant Harvey	Senior Male	Ivybridge 10k	0:52:09	51%	10k Bronze
07 May 2022	Helen Kula-Przewanski	F60	Ivybridge 10k	0:54:20	72%	10k Gold
08 May 2022	Edward Horn	Senior Male	Bideford 10k	0:38:47	69%	10k Silver Star
08 May 2022	Ian Collacott	Senior Male	Bideford 10k	0:43:51	61%	10k Silver
08 May 2022	Helen Orme	F45	Bideford 10k	0:44:59	72%	10k Gold
08 May 2022	Allan Herdman	M65	Bideford 10k	0:45:32	77%	10k Gold Star
08 May 2022	Richard Greaves	M60	Bideford 10k	0:46:26	72%	10k Gold
08 May 2022	Jenny Bryant	F50	Bideford 10k	0:47:45	72%	10k Gold
08 May 2022	Andrew Millward	M55	Bideford 10k	0:50:14	64%	10k Silver
08 May 2022	Andrew Houghton	M75	Bideford 10k	0:53:24	74%	10k Gold
08 May 2022	Chris Jacob	Senior Male	Bideford 10k	0:55:40	48%	10k Commendation
08 May 2022	William Walker-Smith	M65	Bideford 10k	0:56:03	62%	10k Silver
08 May 2022	Claire Duffin	F50	Bideford 10k	0:57:32	60%	10k Bronze Star
08 May 2022	Marian Stratton	F60	Bideford 10k	1:00:50	64%	10k Silver
08 May 2022	Naomi Clifford	F45	Bideford 10k	1:01:14	53%	10k Bronze
08 May 2022	Susanna Harley	F55	Bideford 10k	1:01:43	59%	10k Bronze Star

08 May 2022	Maarit Green	F65	Bideford 10k	1:03:38	66%	10k	Silver Star
08 May 2022	Annette Smith	F65	Bideford 10k	1:06:18	64%	10k	Silver
08 May 2022	Paula Lawrence	F45	Bideford 10k	1:06:39	49%	10k	Commendation
08 May 2022	Sarah Swinburne	F45	Bideford 10k	1:06:44	49%	10k	Commendation
08 May 2022	Kitty Refson	F65	Bideford 10k	1:07:35	62%	10k	Silver
08 May 2022	Ann Ruddock	F55	Bideford 10k	1:07:47	54%	10k	Bronze
08 May 2022	Cynthia Squance	F60	Bideford 10k	1:10:53	55%	10k	Bronze Star
08 May 2022	Gill Northey	F55	Bideford 10k	1:13:22	50%	10k	Commendation
11 May 2022	Charlotte Walker	Senior Female	Armada 5k	0:19:24	76%	5k	Gold Star
11 May 2022	Hannah Walker	Senior Female	Armada 5k	0:22:51	65%	5k	Silver
11 May 2022	Anna Kelly	Senior Female	Armada 5k	0:26:34	56%	5k	Bronze Star
11 May 2022	Hazel Walker	F50	Armada 5k	0:29:14	57%	5k	Bronze Star
16 May 2022	Sam Larkham	Senior Male	Exeter Marathon	2:49:49	74%	Marathon	Gold
16 May 2022	Mark West	M50	Copenhagen Marathon	3:08:30	74%	Marathon	Gold
21 May 2022	Ben Neale	Senior Male	Tavy 5k	0:15:40	82%	5k	Diamond
21 May 2022	Sam Larkham	Senior Male	Tavy 5k	0:16:32	78%	5k	Gold Star
21 May 2022	Nikki Kelly	Senior Female	Tavy 5k	0:18:08	82%	5k	Diamond
21 May 2022	Lee McMeekin	M45	Tavy 5k	0:18:26	77%	5k	Gold Star
21 May 2022	Charlotte Walker	Senior Female	Tavy 5k	0:18:46	79%	5k	Gold Star
21 May 2022	David Harris	M55	Tavy 5k	0:20:06	76%	5k	Gold Star
21 May 2022	Helen Orme	F45	Tavy 5k	0:21:36	74%	5k	Gold
21 May 2022	Grant Harvey	Senior Male	Tavy 5k	0:22:08	58%	5k	Bronze Star
21 May 2022	Richard Nettleship	M50	Tavy 5k	0:22:54	64%	5k	Silver
21 May 2022	Sarah Holland	F45	Tavy 5k	0:23:11	69%	5k	Silver Star
21 May 2022	Andy Millward	M55	Tavy 5k	0:23:15	66%	5k	Silver Star
21 May 2022	Nicole Heryet	F50	Tavy 5k	0:23:35	71%	5k	Gold
21 May 2022	Peter Bazley	M65	Tavy 5k	0:24:34	68%	5k	Silver Star
21 May 2022	Hazel Walker	F50	Tavy 5k	0:27:13	62%	5k	Silver
21 May 2022	Sarah Prior	F45	Tavy 5k	0:27:24	58%	5k	Bronze Star
21 May 2022	Holly Tasker	Senior Female	Tavy 5k	0:27:31	54%	5k	Bronze
21 May 2022	Zac Tasker	Senior Male	Tavy 5k	0:28:31	45%	5k	Commendation
21 May 2022	Marian Stratton	F60	Tavy 5k	0:28:34	67%	5k	Silver Star
21 May 2022	Linda Millward	F55	Tavy 5k	0:29:11	61%	5k	Silver
21 May 2022	Val Evans	F70	Tavy 5k	0:29:38	75%	5k	Gold Star
21 May 2022	Richard Paine	M70	Tavy 5k	0:30:24	58%	5k	Bronze Star

21 May 2022	Annette Smith	F65	Tavy 5k	0:30:25	68%	5k	Silver Star
21 May 2022	Jane Cansdale	F50	Tavy 5k	0:32:22	52%	5k	Bronze
21 May 2022	Thelma Turner	F65	Tavy 5k	0:32:57	62%	5k	Silver
21 May 2022	Sue Jarman	F60	Tavy 5k	0:33:33	57%	5k	Bronze Star
21 May 2022	Ann Fitzsimmons	F65	Tavy 5k	0:33:34	61%	5k	Silver
21 May 2022	Darren Fisher	M50	Tavy 5k	0:34:13	43%	5k	Commendation
21 May 2022	Elizabeth Sheridan	F35	Tavy 5k	0:34:14	44%	5k	Commendation
29 May 2022	Ian Collacott	Senior Male	Edinburgh Marathon	3:41:13	56%	Marathon	Bronze Star
29 May 2022	Nikki Kelly	Senior Female	Edinburgh Half Marathon	1:21:28	81%	Half Marathon	Diamond
29 May 2022	Anna Kelly	Senior Female	Edinburgh Half Marathon	2:01:16	54%	Half Marathon	Bronze