



TAVISTOCK Athletic Club

www.tavistockathletics.co.uk

## CLUB AWARDS SCHEME

*Recognition - Celebration - Inspiration*

### 2022 Individual Awards

Name	Age Cat	Distance	Date	Event	Time	Age Grade	Award
Abbie Ludlam	Senior Female	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:30:48	48%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Adam Holland	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:17:57	76%	Gold Star
		Marathon	03 April 2022	Taunton Marathon	02:34:36	81%	Diamond
Alistair Peers	M40	1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:18:25	74%	Gold
		10k	07 May 2022	Ivybridge 10k	00:39:43	72%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Allan Herdman	M65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	27 February 2022	Bourton 10k	00:42:04	83%	Diamond
		10 miles	-	-	-	-	-
		Half Marathon	27 March 2022	Cardiff Half Marathon	01:33:03	83%	Diamond
		Marathon	-	-	-	-	-
Andrew Houghton	M75	1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:23:57	79%	Gold Star
		10k	15 April 2022	Exeter Fast Friday 10k	00:50:09	79%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	13 February 2022	Exeter Half Marathon	01:55:43	75%	Gold
		Marathon	-	-	-	-	-
Andrew Millward	M55	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:23:15	66%	Silver Star
		10k	08 May 2022	Bideford 10k	00:50:14	64%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Andy Hughes	M65	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:28:01	60%	Bronze Star
		10k	09 January 2022	January Jaunt	00:57:32	61%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ann Fitzsimmons	F65	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:33:34	61%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ann Ruddock	F55	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:31:53	56%	Bronze Star
		10k	19 June 2022	Plymouth 10k	01:06:43	55%	Bronze
		10 miles	06 November 2022	Bideford 10 miler	01:50:33	54%	Bronze
		Half Marathon	25 September 2022	Barnstaple Half Marathon	02:32:03	52%	Bronze
		Marathon	-	-	-	-	-
Anna Kelly	Senior Female	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:24:51	60%	Bronze Star
		10k	03 April 2022	Exeter First Chance	00:52:05	58%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:57:48	56%	Bronze Star
		Marathon	-	-	-	-	-
Anna Luff	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	09 January 2022	January Jaunt	00:54:47	55%	Bronze Star
		10 miles	27 February 2022	Looe 10	01:43:20	48%	Commendation
		Half Marathon	06 March 2022	Bideford Half Marathon	01:57:37	56%	Bronze Star
		Marathon	-	-	-	-	-
Annette Smith	F65	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:30:25	68%	Silver Star
		10k	08 May 2022	Bideford 10k	01:06:18	64%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Annette Smith	F70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	02:15:05	73%	Gold
		Marathon	-	-	-	-	-
Anthony Shearer	M65	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:25:08	67%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Anthony Shearer	M70	1 mile	-	-	-	-	-
		5k	15 October 2022	Tavy 5k	00:26:28	67%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ben Neale	Senior Male	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:15:40	82%	Diamond
		10k	11 December 2022	Telford 10k	00:31:37	85%	Diamond
		10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:09:24	85%	Diamond Star
		Marathon	-	-	-	-	-
Caroline Steven	F55	1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:21:42	82%	Diamond
		10k	25 September 2022	Newton Abbot Ladies 10k	00:45:19	81%	Diamond
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Catriona Ward Sell	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	11 September 2022	Great North Run	01:35:38	69%	Silver Star
		Marathon	04 December 2022	Valencia Marathon	03:32:27	64%	Silver
Charlotte Walker	Senior Female	1 mile	29 June 2022	Tavistock Summer Series	00:05:50	72%	Gold
		5k	21 May 2022	Tavy 5k	00:18:46	79%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Chris Jacob	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	00:55:40	48%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Claire Duffin	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	25 June 2022	Burrator 10k	00:55:36	62%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Corin Russell	Senior Male	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:17:46	73%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Cynthia Squance	F60	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:31:30	61%	Silver
		10k	19 June 2022	Plymouth 10k	01:08:14	57%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Darren Fisher	M50	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:33:28	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
David Harris	M55	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:20:06	76%	Gold Star
		10k	07 May 2022	Ivybridge 10k	00:41:54	76%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
David Twine	M65	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:23:27	71%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:47:05	72%	Gold
		Marathon	-	-	-	-	-
Debbie Crewe	F55	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:35:34	50%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Edward Horn	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	00:38:47	69%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	18 September 2022	Chippenham Half Marathon	01:24:47	70%	Silver Star
		Marathon	02 October 2022	London Marathon	02:59:12	70%	Silver Star
Elaine Phillips	F50	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:35:29	47%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Elizabeth Sheridan	F35	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:34:14	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Emily Drage	Senior Female	1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:26:29	56%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Emma Court	Senior Female	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:29:29	50%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Emma Ryder	Senior Female	1 mile	22 June 2022	Westcountry Mile	00:04:58	84%	Diamond
		5k	18 June 2022	Tavy 5k	00:17:47	83%	Diamond
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Emma Webber	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:55:29	59%	Bronze Star
		Marathon	-	-	-	-	-
Freya Page	Senior Female	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:22:47	65%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Gill Northey	F55	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:32:26	55%	Bronze Star
		10k	08 May 2022	Bideford 10k	01:13:22	50%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Gill Northey	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	25 June 2022	Burrator 10k	01:09:16	50%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Grant Harvey	Senior Male	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:22:08	58%	Bronze Star
		10k	19 June 2022	Plymouth 10k	00:48:04	56%	Bronze Star
		10 miles	06 November 2022	Bideford 10 miler	01:12:06	62%	Silver
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Grant Harvey	M40	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:20:22	67%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Greg Jones	M40	1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:30:19	45%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hannah Walker	Senior Female	1 mile	-	-	-	-	-
		5k	11 May 2022	Armada 5k	00:22:51	65%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hannah Worth	F35	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:20:35	73%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	12 February 2022	Exeter Half Marathon	01:31:50	72%	Gold
		Marathon	-	-	-	-	-
Harriet Kinloch	F60	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:34:25	56%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hayden Bond	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	11 December 2022	Telford 10k	00:37:06	72%	Gold
		10 miles	06 November 2022	Bideford 10 miler	00:58:49	75%	Gold Star
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:18:43	75%	Gold Star
		Marathon	-	-	-	-	-
Hazel Walker	F50	1 mile	29 June 2022	Tavistock Summer Series	00:07:54	63%	Silver
		5k	21 May 2022	Tavy 5k	00:27:13	62%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Heather Cowie	F50	1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:30:17	55%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Heather Fell	F35	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	16 October 2022	Bath Half Marathon	01:24:12	79%	Gold Star
		Marathon	-	-	-	-	-
Heather Fell	Senior Female	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:19:19	77%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Heather Richardson	Senior Female	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:48:21	31%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Heather Tigwell	F55	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:32:13	55%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Helen Kula-Przewanski	F60	1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:24:11	79%	Gold Star
		10k	07 May 2022	Ivybridge 10k	00:54:20	72%	Gold
		10 miles	23 January 2022	Storm Force 10	01:28:57	72%	Gold
		Half Marathon	06 March 2022	Bideford Half Marathon	01:55:34	74%	Gold
		Marathon	-	-	-	-	-
Helen Orme	F45	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:21:36	74%	Gold
		10k	25 September 2022	Newton Abbot Ladies 10k	00:44:52	73%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Helen Tripp	F50	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:36:26	46%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Helen Woods	F50	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:39:32	42%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Hollie Firth	Senior Female	1 mile	29 June 2022	Tavistock Summer Series	00:06:27	65%	Silver Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Holly Tasker	Senior Female	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:27:31	54%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ian Collacott	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	00:43:51	61%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	26 June 2022	Torbay Half Marathon	01:35:49	62%	Silver
		Marathon	29 May 2022	Edinburgh Marathon	03:41:13	56%	Bronze Star
Ian Collacott	M40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	02 October 2022	London Marathon	03:43:11	57%	Bronze Star
Ian Jones	M70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	02:07:35	63%	Silver
		Marathon	02 October 2022	London Marathon	04:43:50	60%	Bronze Star
Izzy Page	Senior Female	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:21:22	69%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
James Armstrong	Senior Male	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:21:58	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:33:14	64%	Silver
		Marathon	-	-	-	-	-
Jan Sainsbury	F60	1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:30:57	62%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-



Jane Cansdale	F50	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:32:22	52%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jane Cansdale	F55	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:42:36	42%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jean Phillips	F50	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:30:53	54%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jean Phillips	F55	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:29:46	60%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jennifer McGavin	F50	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:31:03	54%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jenny Bryant	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	00:47:45	72%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:43:37	72%	Gold
		Marathon	02 October 2022	London Marathon	03:58:18	67%	Silver Star
Jenny Freeman	F65	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:46:14	45%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jenny Jeeves	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	06 February 2022	Newquay 10k	00:44:33	77%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:41:41	73%	Gold
		Marathon	-	-	-	-	-

Jodi Armstrong	F35	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	02 May 2022	Milton Keynes Half Marathon	01:37:41	68%	Silver Star
		Marathon	-	-	-	-	-
Joe Beaton	Senior Male	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:17:00	76%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jonathan Cowell	M45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	02 October 2022	London Marathon	04:20:19	51%	Bronze
Julie Parsons	F55	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:46:58	38%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Katherine Steer	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:43:20	66%	Silver Star
		Marathon	-	-	-	-	-
Katie Greenhough	F35	1 mile	-	-	-	-	-
		5k	15 October 2022	Tavy 5k	00:24:23	61%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Kirsty Prowse	F35	1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:21:24	70%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Kitty Refson	F65	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:30:25	68%	Silver Star
		10k	08 May 2022	Bideford 10k	01:07:35	62%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	25 September 2022	Barnstaple Half Marathon	02:22:43	64%	Silver
		Marathon	-	-	-	-	-

Laura Lewis	F55	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:46:10	39%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lee McMeekin	M45	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:18:26	77%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	27 March 2022	Cardiff Half Marathon	01:24:40	76%	Gold Star
		Marathon	-	-	-	-	-
Lee McMeekin	M50	1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:19:05	77%	Gold Star
		10k	25 June 2022	Burrator 10k	00:38:29	80%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Les Maitland	M55	1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:32:02	48%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Liam Watts	Senior Male	1 mile	29 June 2022	Tavistock Summer Series	00:05:58	62%	Silver
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Linda Millward	F55	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:29:11	61%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lisa Lemon	F45	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:35:07	45%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lisa Nickel	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	02:29:37	45%	Commendation
		Marathon	-	-	-	-	-

Louise Sambells	F50	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:48:21	35%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lucy Savage	Senior Female	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:39:18	38%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lucy Turnbull	F55	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:47:37	38%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Maarit Green	F65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	01:03:38	66%	Silver Star
		10 miles	06 November 2022	Bideford 10 miler	01:43:10	67%	Silver Star
		Half Marathon	25 September 2022	Barnstaple Half Marathon	02:15:44	67%	Silver Star
		Marathon	-	-	-	-	-
Mandy Warnett	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	19 June 2022	Plymouth 10k	00:58:27	63%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Marc Curtis	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	15 April 2022	Exeter Fast Friday 10k	00:41:41	74%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:38:52	68%	Silver Star
		Marathon	-	-	-	-	-
Marian Stratton	F60	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:28:34	67%	Silver Star
		10k	03 April 2022	Exeter First Chance	00:58:54	67%	Silver Star
		10 miles	06 November 2022	Bideford 10 miler	01:43:14	62%	Silver
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Mark Orme	M50	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:23:34	63%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	02:00:26	56%	Bronze Star
		Marathon	-	-	-	-	-

Mark West	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	06 November 2022	Bideford 10 miler	01:04:37	78%	Gold Star
		Half Marathon	25 September 2022	Bristol Half Marathon	01:28:30	76%	Gold Star
		Marathon	16 May 2022	Copenhagen Marathon	03:08:30	74%	Gold
Martin Walker	M60	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:30:39	52%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Michael Greenacre	Senior Male	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:18:19	70%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:28:14	67%	Silver Star
		Marathon	12 November 2022	Essex Remebrance Marathon	03:08:29	66%	Silver Star
Naomi Clifford	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	01:01:14	53%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nick Lane	Senior Male	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:23:23	55%	Bronze Star
		10k	25 June 2022	Burrator 10k	00:49:58	54%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nick Parsons	M60	1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:37:18	43%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nicky Isbell	F60	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:36:49	52%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nicky Maguire	F45	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:23:52	67%	Silver Star
		10k	-	-	-	-	-
		10 miles	06 November 2022	Bideford 10 miler	01:22:03	65%	Silver
		Half Marathon	06 March 2022	Bideford Half Marathon	01:46:52	66%	Silver Star
		Marathon	-	-	-	-	-

Nicole Heryet	F50	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:23:35	71%	Gold
		10k	09 January 2022	January Jaunt	00:50:42	68%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:47:11	70%	Silver Star
		Marathon	-	-	-	-	-
Nikki Kelly	Senior Female	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:18:08	82%	Diamond
		10k	25 September 2022	Bristol 10k	00:36:52	82%	Diamond
		10 miles	06 November 2022	Bideford 10 miler	01:00:43	82%	Diamond
		Half Marathon	29 May 2022	Edinburgh Half Marathon	01:21:28	81%	Diamond
		Marathon	-	-	-	-	-
Norma Gilbert	F65	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:34:03	60%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Paul Chinn	M60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	13 July 2022	Exeter 10k	00:56:10	59%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Paula Lawrence	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	01:06:39	49%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Paula Symons	F45	1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:29:35	54%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Peter Bazley	M65	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:24:04	70%	Silver Star
		10k	07 May 2022	Ivybridge 10k	00:51:19	68%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:57:25	65%	Silver Star
		Marathon	-	-	-	-	-
Philippa Poole	F65	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:33:22	62%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Richard Greaves	M60	1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:21:53	73%	Gold
		10k	08 May 2022	Bideford 10k	00:46:26	72%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Richard Nettleship	M50	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:22:54	64%	Silver
		10k	07 May 2022	Ivybridge 10k	00:49:37	62%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:49:50	61%	Silver
		Marathon	-	-	-	-	-
Richard Paine	M70	1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:29:44	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Robert Mills-Hicks	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	06 November 2022	Bideford 10 miler	01:40:05	53%	Bronze
		Half Marathon	06 March 2022	Bideford Half Marathon	02:09:55	54%	Bronze
		Marathon	-	-	-	-	-
Sam Hortopp	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	11 December 2022	Telford 10k	00:36:47	73%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sam Larkham	Senior Male	1 mile	-	-	-	-	-
		5k	15 October 2022	Tavy 5k	00:15:43	82%	Diamond
		10k	25 September 2022	Bristol 10k	00:32:48	82%	Diamond
		10 miles	06 November 2022	Bideford 10 miler	00:54:32	81%	Diamond
		Half Marathon	09 October 2022	Bournemouth Half Marathon	01:14:38	79%	Gold Star
		Marathon	16 May 2022	Exeter Marathon	02:49:49	74%	Gold
Sam Sharland	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	25 September 2022	Barnstaple Half Marathon	01:50:36	54%	Bronze
		Marathon	-	-	-	-	-
Samantha Lake	F40	1 mile	-	-	-	-	-
		5k	06 September 2022	Run Exe 5k	00:18:52	81%	Diamond
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	18 October 2022	Bath Half Marathon	01:25:50	79%	Gold Star
		Marathon	-	-	-	-	-

Sarah Holland	F45	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:23:11	69%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah J Swinburne	F45	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:29:47	53%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Prior	F45	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:27:24	58%	Bronze Star
		10k	19 June 2022	Plymouth 10k	00:56:59	57%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	02:11:04	54%	Bronze
		Marathon	-	-	-	-	-
Sarah Prior	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	25 September 2022	Bristol Half Marathon	02:13:50	56%	Bronze Star
		Marathon	-	-	-	-	-
Sarah Swinburne	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	01:06:44	49%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Turner	F40	1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:24:14	63%	Silver
		10k	09 January 2022	January Jaunt	00:53:03	59%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:57:27	58%	Bronze Star
		Marathon	-	-	-	-	-
Stephanie Ellis	Senior Female	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:41:32	36%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Steve Cox	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:46:28	63%	Silver
		Marathon	-	-	-	-	-



Sue Jarman	F60	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:33:06	58%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Susanna Harley	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 May 2022	Bideford 10k	01:01:43	59%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Susannah Batten Reveley	F40	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:34:40	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Suzie Trice	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	06 November 2022	Cornish Marathon	03:48:59	66%	Silver Star
Tanya Clark	F45	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:34:29	46%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Thelma Turner	F65	1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:32:57	62%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tim Cuckson	M60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	02 October 2022	Cardiff Half Marathon	02:04:22	59%	Bronze Star
		Marathon	-	-	-	-	-
Tish Valva	F60	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:37:38	51%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Tracey Oxborough	F55	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:25:18	71%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tracey Weymouth	F45	1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:42:03	38%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tracyann Cole	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	07 May 2022	Ivybridge 10k	00:50:21	68%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Trevor Grigg	M65	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:35:46	47%	Commendation
		10k	09 January 2022	January Jaunt	01:06:51	52%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	13 February 2022	Exeter Half Marathon	02:45:38	46%	Commendation
		Marathon	-	-	-	-	-
Trudy Eperon	F45	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:34:40	46%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Val Evans	F70	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:29:27	76%	Gold Star
		10k	07 August 2022	York 10k	00:59:33	77%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

