

## **TAVISTOCK Athletic Club**

www.tavistockathletics.co.uk

## **CLUB AWARDS SCHEME**

Recognition - Celebration - Inspiration

## 2022 Individual Awards

Name			_	_		Age Grade	
Name	Age Cat	Distance	Date	Event	Time	Grade	Award
		1 mile	-	1	-	-	-
		5k	19 March 2022	Tavy 5k	00:30:48	48%	Commendation
Abbie Ludlam	Senior	10k	-	1	-	-	-
Abbie Ludiaiii	Female	10 miles	-	1	-	-	-
		Half Marathon	-	1	-	-	-
		Marathon	-	1	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Adam	Senior	10k	-	-	-	-	-
Holland	Male	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
		1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:18:25	74%	Gold
Aliotoiu Dooug	N440	10k	07 May 2022	Ivybridge 10k	00:39:43	72%	Gold
Alistair Peers	M40	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Allan	M65	10k	27 February 2022	Bourton 10k	00:42:04	83%	Diamond
Herdman		10 miles	-	-	-	-	-
		Half Marathon	27 March 2022	Cardiff Half Marathon	01:33:03	83%	Diamond
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:23:57	79%	Gold Star
Andrew	N 4 7 F	10k	15 April 2022	Exeter Fast Friday 10k	00:50:09	79%	Gold Star
Houghton	M75	10 miles	-	-	-	-	-
		Half Marathon	13 February 2022	Exeter Half Marathon	01:55:43	75%	Gold
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:23:15	66%	Silver Star
Andrew	N 455	10k	08 May 2022	Bideford 10k	00:50:14	64%	Silver
Millward	M55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

		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
Andy Hughes	M65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:33:34	61%	Silver
Ann		10k	-	-	-	-	-
Fitzsimmons	F65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		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
Ann Ruddock	F55	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	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:24:51	60%	Bronze Star
	Senior	10k	03 April 2022	Exeter First Chance	00:52:05	58%	Bronze Star
Anna Kelly	Female	10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:57:48	56%	Bronze Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
	Senior Female	5k	-	-	-	-	-
Annaluff		10k	09 January 2022	January Jaunt	00:54:47	55%	Bronze Star
Anna Luff		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	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:30:25	68%	Silver Star
Annette	F65	10k	08 May 2022	Bideford 10k	01:06:18	64%	Silver
Smith	F05	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Annette	F70	10k	-	-	-	-	-
Smith	F/U	10 miles	-	•	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	02:15:05	73%	Gold
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:25:08	67%	Silver Star
Anthony	M65	10k	-	-	-	-	-
Shearer	IVIUS	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	_	_	_

		1 mile					
			45 0-4-4 2022	- 	- 00.26.20	-	Cilver Chan
Anthony		5k	15 October 2022	Tavy 5k	00:26:28	67%	Silver Star
Anthony	M70	10k	-	-	-	-	-
Shearer		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	- 24.14 2022	- 	-	-	-
		5k	21 May 2022	Tavy 5k	00:15:40	82%	Diamond
Ben Neale	Senior	10k	11 December 2022	Telford 10k	00:31:37	85%	Diamond
	Male	10 miles	-	-	-	-	
		Half Marathon	06 March 2022	Bideford Half Marathon	01:09:24	85%	Diamond Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:21:42	82%	Diamond
Caroline	F55	10k	25 September 2022	Newton Abbot Ladies 10k	00:45:19	81%	Diamond
Steven	. 55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Catriona	Senior	10k	-	-	-	-	-
Ward Sell	Female	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
		1 mile	29 June 2022	Tavistock Summer Series	00:05:50	72%	Gold
	Senior Female	5k	21 May 2022	Tavy 5k	00:18:46	79%	Gold Star
Charlotte		10k	-	•	-	ı	-
Walker		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Chuis Isaah	Senior	10k	08 May 2022	Bideford 10k	00:55:40	48%	Commendation
Chris Jacob	Male	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
a		10k	25 June 2022	Burrator 10k	00:55:36	62%	Silver
Claire Duffin	F50	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:17:46	73%	Gold
	Senior	10k	-	-	-	-	-
Corin Russell	Male	10 miles	-	-	-	_	_
		Half Marathon	_	-	-	-	-
		Marathon	<u> </u>	<u> </u>	-	-	-
<u> </u>		14101011					<u> </u>

		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:31:30	61%	Silver
Cynthia		10k	19 June 2022	Plymouth 10k	01:08:14	57%	Bronze Star
Squance	F60	10 miles	-	-	-	-	-
1,11		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:33:28	44%	Commendation
		10k	<u> </u>	-	-	-	-
Darren Fisher	M50	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:20:06	76%	Gold Star
		10k	07 May 2022	lvybridge 10k	00:41:54	76%	Gold Star
David Harris	M55	10 miles	- -	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:23:27	71%	Gold
	NACE	10k	-	-	-	-	-
David Twine	M65	10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:47:05	72%	Gold
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
	F55	5k	19 November 2022	Tavy 5k	00:35:34	50%	Bronze
Debbie		10k	-	-	-	-	-
Crewe	F55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
	Senior	10k	08 May 2022	Bideford 10k	00:38:47	69%	Silver Star
Edward Horn	Male	10 miles	-	-	-	-	-
	iviaic	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
		1 mile	-	-	-	ı	-
		5k	19 March 2022	Tavy 5k	00:35:29	47%	Commendation
Elaine Phillips	F50	10k	-	-	-	1	-
Liaine Fillinps	130	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:34:14	44%	Commendation
Elizabeth	F35	10k	-	-	-	-	-
Sheridan	1 33	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

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

		1 mile					
		5k	19 November 2022	Tavy 5k	00:20:22	67%	Silver Star
		10k	19 November 2022	Tavy Sk	00.20.22	-	Silver Star
<b>Grant Harvey</b>	M40	10 miles	-	-	_	-	-
		Half Marathon	-	-	_		-
		Marathon	-	-	_		-
		1 mile	-	-	-		-
		5k			00:30:19	- 45%	- Commendation
		10k	15 January 2022 -	Tavy 5k			
Greg Jones	M40			-	-	-	-
		10 miles Half Marathon	-	-	-	-	-
				-		-	
		Marathon	-	-	-	-	-
		1 mile	-		-	-	-
		5k	11 May 2022	Armada 5k	00:22:51	65%	Silver
Hannah	Senior	10k	-	-	-	-	-
Walker	Female	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:20:35	73%	Gold
Hannah	F35	10k	-	-	-	-	-
Worth		10 miles	-	-	-	-	-
		Half Marathon	12 February 2022	Exeter Half Marathon	01:31:50	72%	Gold
		Marathon	-	-	-	-	-
	F60	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:34:25	56%	Bronze Star
Harriet		10k	-	-	-	-	-
Kinloch		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	1	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Hayden Bond	Senior	10k	11 December 2022	Telford 10k	00:37:06	72%	Gold
l layacii bolla	Male	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	-	-	-	-	-
		1 mile	29 June 2022	Tavistock Summer Series	00:07:54	63%	Silver
		5k	21 May 2022	Tavy 5k	00:27:13	62%	Silver
Hazel Walker	F50	10k	-	-	-	1	-
riazei waiker	F30	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	18 June 2022	Tavy 5k	00:30:17	55%	Bronze Star
Heather	FF.0	10k	-	- -	-	-	-
Cowie	F50	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
	1						
		Marathon	-	-	-	-	1

		1 mile	-	-	-	-	-
		5k	-	-	_	_	_
		10k	-	_	_	_	_
Heather Fell	F35	10 miles	-	-	_	_	-
		Half Marathon	16 October 2022	Bath Half Marathon	01:24:12	79%	Gold Star
		Marathon	-	-	-	-	-
		1 mile	-	-	_	_	_
		5k	19 November 2022	Tavy 5k	00:19:19	77%	Gold Star
	Senior	10k	-	-	-	-	-
Heather Fell	Female	10 miles	-	-	-	_	-
		Half Marathon	-	-	-	-	_
		Marathon	-	-	-	-	_
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:48:21	31%	Commendation
Heather	Senior	10k	-	-	-	-	-
Richardson	Female	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:32:13	55%	Bronze Star
Heather		10k	-	-	-	-	-
Tigwell	F55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
	F60	5k	18 June 2022	Tavy 5k	00:24:11	79%	Gold Star
Helen Kula-		10k	07 May 2022	Ivybridge 10k	00:54:20	72%	Gold
Przezwanski		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	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:21:36	74%	Gold
Helen Orme	F45	10k	25 September 2022	Newton Abbot Ladies 10k	00:44:52	73%	Gold
Helen Offile	Г45	10 miles	-	-	-	-	-
		Half Marathon	•	•	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	•	-	1	-
		5k	19 November 2022	Tavy 5k	00:36:26	46%	Commendation
Helen Tripp	F50	10k	-	•	-	1	-
петен ттрр	F30	10 miles	-	•	-	-	-
		Half Marathon	-	-	-	1	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:39:32	42%	Commendation
Helen Woods	F50	10k	-	-	-	-	-
Tielen woods	1 30	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

		1 mile	29 June 2022	Tavistock Summer Series	00:06:27	65%	Silver Star
		5k	29 Julie 2022	Tavistock Suffiller Series	00.00.27	03/0	Silver Star
	Senior	10k	-	-	_	-	-
Hollie Firth	Female	10 miles	<u> </u>	-	_	_	-
	Terriale	Half Marathon		_	_		_
		Marathon		_	_	_	_
		1 mile			_		-
		5k	21 May 2022	Tavy 5k	00:27:31	54%	Bronze
	Senior	10k		-	-	J470 -	- Bronze
Holly Tasker	Female	10 miles		_	_		_
	remaie	Half Marathon		_	_		_
		Marathon	<u> </u>	_	_	-	-
		1 mile		_	_	_	_
		5k	<u>-</u>	-	_	-	-
	Senior	10k	08 May 2022	Bideford 10k	00:43:51	61%	Silver
Ian Collacott	Male	10 miles	00 Way 2022	- Bideloid 10k	00.43.31	01/0	Jiivei
	iviale	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
		1 mile		-	-	-	
		5k	<u> </u>	-	_		-
		10k	<u> </u>	-	_	-	-
Ian Collacott	M40	10 miles	-	-	_	-	-
		Half Marathon		-	_	-	-
		Marathon	02 October 2022	London Marathon	03:43:11	57%	Bronze Star
		1 mile		-	05.45.11	5770	- Dionze Stai
		5k	<u> </u>	_		_	
		10k		_	_		_
lan Jones	M70	10 miles	<u> </u>	_	_		_
		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
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:21:22	69%	Silver Star
	Senior	10k		-	-	-	-
Izzy Page	Female	10 miles	<u>-</u>	_	_	_	-
	remaie	Half Marathon	-	-	-	_	-
		Marathon	<u> </u>	_	_	_	-
		1 mile	<u> </u>	_	_	-	_
		5k	16 April 2022	Tavy 5k	00:21:58	59%	Bronze Star
James	Senior	10k	-	-	-	-	-
Armstrong	Male	10 miles	-	-	-	_	-
, will serong	iviaic	Half Marathon	19 June 2022	Plymouth Half Marathon	01:33:14	64%	Silver
		Marathon	-	-	-	-	-
		1 mile	<u> </u>	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:30:57	62%	Silver
		10k		-	-	-	-
Jan Sainsbury	F60	10 miles	<u> </u>	_	_	-	-
		Half Marathon	<u>-</u>	-	-	_	-
		Marathon	<u>-</u>	_	_	_	-
		IVIGIACIOII					

		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:32:22	52%	Bronze
Jane		10k	-	-	-	-	_
Cansdale	F50	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	_
		Marathon	-	-	_	_	_
		1 mile	-	-	_	_	_
		5k	19 November 2022	Tavy 5k	00:42:36	42%	Commendation
Jane		10k	-	-	-	-	-
Cansdale	F55	10 miles	-	-	_	-	_
		Half Marathon	-	-	_	_	_
		Marathon	-	_	_	_	_
		1 mile	_	-	_	_	-
		5k	16 April 2022	Tavy 5k	00:30:53	54%	Bronze
		10k		-	-	-	-
Jean Phillips	F50	10 miles	-	-	_		_
		Half Marathon	<u>-</u>	<u>-</u>	_	_	-
		Marathon	-	-	_	_	_
		1 mile	-	-	-	_	_
		5k	19 November 2022	Tavy 5k	00:29:46	60%	Silver
		10k		-	-	-	-
Jean Phillips	F55	10 miles	-	-	_	-	-
		Half Marathon	-	-	_		
			-	-	_		
		Marathon	-	-	-	-	-
		1 mile 5k	19 November 2022				
Jennifer	F50	10k		Tavy 5k -	00:31:03	54%	Bronze
McGavin			-	-		-	-
IVICGaviri		10 miles Half Marathon	-	-	-	-	-
			-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Jenny Bryant	F50	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
		1 mile	-		-	-	-
		5k	19 March 2022	Tavy 5k	00:46:14	45%	Commendation
Jenny -	F65	10k	-	-	-	-	-
Freeman		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Jenny Jeeves	F50	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	-	-	-	-	-

		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
1 12		10k	-	-	-	_	_
Jodi Armstrong	F35	10 miles	-	-	-	-	-
Armstrong		Half Marathon	02 May 2022	Milton Keynes Half Marathon	01:37:41	68%	Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:17:00	76%	Gold Star
Joe Beaton	Senior	10k	-	-	-	-	-
Joe Beaton	Male	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Jonathan	M45	10k	-	-	-	-	-
Cowell	10143	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	02 October 2022	London Marathon	04:20:19	51%	Bronze
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:46:58	38%	Commendation
Julio Darsons		10k	-	-	-	-	-
Julie Parsons	F55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Katherine	F40	10k	-	-	-	-	-
Steer	F40	10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:43:20	66%	Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	15 October 2022	Tavy 5k	00:24:23	61%	Silver
Katie	F35	10k	-	-	-	-	-
Greenhough	гээ	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:21:24	70%	Silver Star
Kirsty Droves	F2F	10k	-	-	-	-	-
Kirsty Prowse	F35	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		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
Kitty Refson	F65	10 miles	-	-	-	-	-
		Half Marathon	25 September 2022	Barnstaple Half Marathon	02:22:43	64%	Silver
		Marathon	_	-	_	-	-

		1 mile	-	-	-	-	_
		5k	19 March 2022	Tavy 5k	00:46:10	39%	Commendation
		10k	-	-	-	-	_
Laura Lewis	F55	10 miles	-	-	-	-	_
		Half Marathon	-	_	-	-	_
		Marathon	-	-	_	_	_
		1 mile	<u>-</u>	-	_	_	_
		5k	21 May 2022	Tavy 5k	00:18:26	77%	Gold Star
Lee		10k	-	-	-	-	-
McMeekin	M45	10 miles	-	-	-	_	_
		Half Marathon	27 March 2022	Cardiff Half Marathon	01:24:40	76%	Gold Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:19:05	77%	Gold Star
Lee		10k	25 June 2022	Burrator 10k	00:38:29	80%	Gold Star
McMeekin	M50	10 miles	-	-	-	-	-
- Wiewie e kuit		Half Marathon	_	_	_	_	_
		Marathon	-	-	_	_	_
		1 mile	-	-	_	_	-
		5k	18 June 2022	Tavy 5k	00:32:02	48%	Commendation
		10k	-	-	-	-	-
Les Maitland	M55	10 miles	-	_	_	-	_
		Half Marathon	-	-	_	-	_
		Marathon	-	-	_	-	_
		1 mile	29 June 2022	Tavistock Summer Series	00:05:58	62%	Silver
	Senior Male	5k	-	-	-	-	-
		10k	-	-	-	-	-
Liam Watts		10 miles	-	-	-	-	_
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:29:11	61%	Silver
Linda		10k	-	-	-	-	-
Millward	F55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	_	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:35:07	45%	Commendation
l		10k	-	-	-	-	-
Lisa Lemon	F45	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
				<del> </del>	<del>                                     </del>		†
		5k	-	-	-	-	-
l Nic. I	E40	5k 10k	-	-	-	-	-
Lisa Nickel	F40						<del> </del>
Lisa Nickel	F40	10k	-	-	-	-	-

		1 mile	_	_	_	_	_
		5k	19 March 2022	Tavy 5k	00:48:21	35%	Commendation
Louise		10k	19 Wai Cii 2022	Tavy Sk	00.48.21	-	Commendation
Sambells	F50	10 miles	-		_		_
Sambens		Half Marathon	<u>-</u>	-	_	_	_
		Marathon	-	-	<u> </u>	_	_
		1 mile	-	-	_		_
		5k	19 November 2022	- Tavy 5k	00:39:18	38%	Commendation
	Senior	10k		-	-	3670	Commendation
Lucy Savage	Female	10 miles	_	_	_	_	_
	Terriale	Half Marathon	-	-			
		Marathon	-	-		_	_
		1 mile	-	-	-	-	-
		5k	19 March 2022	Toyar Ek	00:47:37	200/	Commendation
		10k	19 March 2022	Tavy 5k		38%	Commendation
Lucy Turnbull	F55	10 miles	-	-	_		-
		Half Marathon	-	-	-		-
		Marathon	-	-	-	-	-
			-	-		-	
		1 mile	-	-	-	-	-
		5k		Pidefeed 40k	- 01.02.20	-	Cibra Char
Maarit Green	F65	10k	08 May 2022	Bideford 10k	01:03:38	66%	Silver Star
Widding Green	103	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	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Mandy	F55	10k	19 June 2022	Plymouth 10k	00:58:27	63%	Silver
Warnett	. 55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Marc Curtis	M50	10k	15 April 2022	Exeter Fast Friday 10k	00:41:41	74%	Gold
iviare careis	11130	10 miles	-	-	-	-	-
		Half Marathon	20 March 2022	Tavy 13	01:38:52	68%	Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:28:34	67%	Silver Star
Marian	F60	10k	03 April 2022	Exeter First Chance	00:58:54	67%	Silver Star
Stratton	100	10 miles	06 November 2022	Bideford 10 miler	01:43:14	62%	Silver
		Half Marathon	-	•	-	ı	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	_	-
		5k	19 November 2022	Tavy 5k	00:23:34	63%	Silver
Mork Orns	N450	10k	-	-	-	-	-
Mark Orme	M50	10 miles	-	-	-	-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	02:00:26	56%	Bronze Star
		Marathon	-	-	-	-	-

		1 mile	_	_	_		_
Mark West		5k	-	-	_		-
		10k	-	-	_		-
	M50	10 miles	- 06 November 2022	Bideford 10 miler	01:04:37		- Gold Star
				Bristol Half Marathon		78%	Gold Star
		Half Marathon	25 September 2022		01:28:30	76%	
		Marathon	16 May 2022	Copenhagen Marathon	03:08:30	74%	Gold
		1 mile	- 46 A 11 2022	- 	-	-	-
		5k	16 April 2022	Tavy 5k	00:30:39	52%	Bronze
	M60	10k	-	-	-	-	-
waiker		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:18:19	70%	Gold
Michael	Senior	10k	-	-	-	-	-
Martin Walker	Male	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
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Naomi	F45	10k	08 May 2022	Bideford 10k	01:01:14	53%	Bronze
Clifford	F45	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	Senior	1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:23:23	55%	Bronze Star
Niek Lana		10k	25 June 2022	Burrator 10k	00:49:58	54%	Bronze
NICK Lane	Male	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:37:18	43%	Commendation
		10k	-	- -	-	-	-
Nick Parsons	M60	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:36:49	52%	Bronze
		10k	-	-	-	-	-
Nicky Isbell	F60	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	_	-	_	_	-
		1 mile	-	-	_	_	_
		5k	19 March 2022	Tavy 5k	00:23:52	67%	Silver Star
Nicky		10k	-		-	-	-
Maguire	F45	10 miles	- 06 November 2022	Bideford 10 miler	01:22:03	65%	Silver
iviagaile		Half Marathon	06 March 2022	Bideford Half Marathon	01:46:52	66%	Silver Star
		Marathon	-	-	-	-	-
		ividi ati 1011	-	<u>-</u>		-	

		1 mile	-	-	_	_	_
Nicole Heryet		5k	21 May 2022	Tavy 5k	00.23.35	71%	Gold
		10k	09 January 2022	January Jaunt			Silver Star
	F50	10 miles	-	-			-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:47:11		Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	_	_	_
		5k	21 May 2022	Tavy 5k	00:18:08	82%	Diamond
	Coning	10k	25 September 2022	Bristol 10k	00:36:52		Diamond
Nikki Kelly	Senior Female	10 miles	06 November 2022	Bideford 10 miler	01:00:43	82%	Diamond
	remale	Half Marathon	29 May 2022	Edinburgh Half Marathon	01:21:28	81%	Diamond
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:34:03	60%	Silver
Norma	F.C.F	10k	-	-	-	-	-
Gilbert	F65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	1	-
	M60	5k	-	-	-	-	-
Davil Chinn		10k	13 July 2022	Exeter 10k	00:56:10	59%	Bronze Star
Paul Chinn		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	F45	1 mile	-	-	-	-	-
		5k	-	-	-	ı	-
Paula		10k	08 May 2022	Bideford 10k	01:06:39	49%	Commendation
Lawrence	143	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 July 2022	Tavy 5k	00:29:35	54%	Bronze
Paula	F45	10k	-	-	-	-	-
Symons	173	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-		-
		1 mile	-	-			-
		5k	16 April 2022	Tavy 5k	00:24:04		Silver Star
Peter Bazley	M65	10k	07 May 2022	Ivybridge 10k	00:51:19	68%	Silver Star
, cto. bazicy	03	10 miles	-	-		-	-
		Half Marathon	19 June 2022	Plymouth Half Marathon	01:57:25		Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:33:22	62%	Silver
Philippa	F65	10k	-	-		-	-
Poole		10 miles	-	-	-	-	-
		Half Marathon	-	-			-
		Marathon	-	-	_	-	-

		1 mile	-	-	_	-	-
Richard Greaves		5k	15 January 2022	Tavy 5k	00:21:53	73%	Gold
		10k	08 May 2022	Bideford 10k			Gold
	M60	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:22:54	64%	Silver
Richard		10k	07 May 2022	lvybridge 10k			Silver
Nettleship	M50	10 miles	-	-	-	-	-
		Half Marathon	06 March 2022	Bideford Half Marathon	01:49:50	61%	Silver
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	15 January 2022	Tavy 5k	00:29:44	59%	Bronze Star
		10k	-	-	-	-	-
Richard Paine	M70	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Robert Mills-		10k	-	-	-	-	-
Hicks	M55	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	-	-	-	-	-
	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Carra Hambara		10k	11 December 2022	Telford 10k	00:36:47	73%	Gold
заш погторр		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	00:46:26         72%           -         -           -         -           -         -           00:22:54         64%           00:49:37         62%           -         -           01:49:50         61%           -         -           -         -           -         -           -         -           -         -           -         -           -         -           -         -           01:40:05         53%           02:09:55         54%           -         -           -         -           00:36:47         73%           -         -	-	
		1 mile	•	-	-	1	i
		5k	15 October 2022	Tavy 5k	00:15:43	82%	Diamond
	Senior	10k	25 September 2022	Bristol 10k	00:32:48	82%	Diamond
Sam Hortopp Sam Larkham	Male	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
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
	Senior	10k	-	-	-	-	-
Sam Sharland	Male	10 miles	-	-	-	-	-
	ware	Half Marathon	25 September 2022	Barnstaple Half Marathon	01:50:36	54%	Bronze
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	06 September 2022	Run Exe 5k	00:18:52	81%	Diamond
Samantha	E40	10k	-	-	-	-	-
Lake	F40	10 miles	-	-	-	-	-
		Half Marathon	18 October 2022	Bath Half Marathon	01:25:50	79%	Gold Star
		Marathon	=	-	-	_	-

		1 mile	-	-	-	-	-
		5k	21 May 2022	Tavy 5k	00:23:11	69%	Silver Star
Sarah		10k	-	-			-
Holland	F45	10 miles	-	-	_	-	-
		Half Marathon	-	-	_	_	-
		Marathon	-	-	_	_	_
		1 mile	-	-	_	_	_
		5k	19 March 2022	Tavy 5k	00:29:47	53%	Bronze
Sarah J		10k	-	-	-	-	-
Swinburne	F45	10 miles	-	-	_	_	_
		Half Marathon	-	-	_	_	_
		Marathon	-	-	_	_	_
		1 mile	-	-	_	-	_
		5k	21 May 2022	Tavy 5k			Bronze Star
		10k	19 June 2022	Plymouth 10k			Bronze Star
Sarah Prior	F45	10 miles	-	-			-
		Half Marathon	06 March 2022	Bideford Half Marathon			Bronze
		Marathon	-	-	-	-	-
		1 mile	-	_	_	_	_
		5k	-	_	_		_
		10k	_	_	_		_
Sarah Prior	F50	10 miles	_	_	_	_	_
		Half Marathon	25 September 2022	Bristol Half Marathon			Bronze Star
		Marathon	-	-			-
		1 mile	-	-	_	-	-
	F45	5k	_	_	_	_	_
Sarah		10k	08 May 2022	Bideford 10k	01:06:44	49%	Commendation
		10 miles		-	-	-	-
		Half Marathon	-	-	_	_	-
Sarah Prior  Sarah Prior  Sarah Swinburne  Sarah Turner		Marathon	-	-	_	_	_
		1 mile	-	_		_	
		5k	18 June 2022	Tavy 5k		63%	Silver
		10k	09 January 2022	January Jaunt			Bronze Star
Sarah Turner	F40	10 miles	-	-	<del> </del>		-
		Half Marathon	20 March 2022	Tavy 13	1		Bronze Star
		Marathon	-	-			-
		1 mile	_	-			_
		5k	19 March 2022	Tavy 5k			Commendation
Stephanie	Senior	10k	-	-			-
Ellis	Female	10 miles	-	-			_
25	· Jiliaic	Half Marathon	-	-			-
		Marathon	-	-			-
		1 mile	-	-			-
		5k	-	<u> </u>			_
		10k	-	<u> </u>			-
Steve Cox	M50	10 miles	<del>-</del>	-			_
		Half Marathon	20 March 2022	Tavy 13			Silver
		Marathon	-		1		-
<u> </u>		ivial attituti			ļ.		I.

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

		1 mile	-	-	-	-	-
Tracey		5k	16 April 2022	Tavy 5k	00:25:18	71%	Gold
		10k	-	-	-	-	-
Oxborough	F55	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	1	-
		1 mile	-	-	-	-	-
		5k	19 March 2022	Tavy 5k	00:42:03	38%	Commendation
Tracey	F45	10k	-	-	-	-	-
Weymouth	F45	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	1	-
		Marathon	-	-	-	1	-
		1 mile	-	-	-	-	-
		5k	-	-	-	1	-
Tracyann	F50	10k	07 May 2022	Ivybridge 10k	00:50:21	68%	Silver Star
Cole	130	10 miles	-	-	-	1	-
		Half Marathon	-	-	-	1	-
		Marathon	-	-	-	ı	-
	M65	1 mile	-	-	-	-	-
		5k	19 November 2022	Tavy 5k	00:35:46	47%	Commendation
Trevor Grigg		10k	09 January 2022	January Jaunt	01:06:51	52%	Bronze
Trevor drigg	IVIUS	10 miles	-	-	-	-	-
		Half Marathon	13 February 2022	Exeter Half Marathon	02:45:38	46%	Commendation
		Marathon	-	-	-	ı	-
		1 mile	-	-	-	1	-
		5k	19 November 2022	Tavy 5k	00:34:40	46%	Commendation
Trudy Eperon	F45	10k	-	-	-	1	-
Trudy Eperon	Г43	10 miles	-	-	-	1	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2022	Tavy 5k	00:29:27	76%	Gold Star
Val Evans	E70	10k	07 August 2022	York 10k	00:59:33	77%	Gold Star
Val Evalis	F70	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	ı	-

