



# CLUB AWARDS SCHEME

## JANUARY 2023

RECOGNITION  
CELEBRATION  
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
08 January 2023	Ben Neale	Senior Male	Exeter First Chance 10k	0:32:20	83%	10k	Diamond
08 January 2023	Sam Larkham	Senior Male	Exeter First Chance 10k	0:33:26	80%	10k	Diamond
08 January 2023	Alistair Peers	M40	Exeter First Chance 10k	0:38:30	74%	10k	Gold
08 January 2023	Mark West	M50	Exeter First Chance 10k	0:39:57	77%	10k	Gold Star
08 January 2023	Grant Harvey	M40	Exeter First Chance 10k	0:40:44	70%	10k	Silver Star
08 January 2023	Marc Curtis	M50	Exeter First Chance 10k	0:41:54	73%	10k	Gold
08 January 2023	Hannah Worth	F40	Exeter First Chance 10k	0:42:24	74%	10k	Gold
08 January 2023	Ian Collacott	M40	Exeter First Chance 10k	0:42:35	67%	10k	Silver Star
08 January 2023	Jenny Jeeves	F55	Exeter First Chance 10k	0:43:11	85%	10k	Diamond
08 January 2023	Caroline Steven	F55	Exeter First Chance 10k	0:44:11	83%	10k	Diamond
08 January 2023	Helen Orme	F45	Exeter First Chance 10k	0:44:14	74%	10k	Gold
08 January 2023	Allan Herdman	M70	Exeter First Chance 10k	0:44:44	82%	10k	Diamond
08 January 2023	Carlos Castillo	M50	Exeter First Chance 10k	0:47:41	64%	10k	Silver
08 January 2023	Sarah Holland	F45	Exeter First Chance 10k	0:51:01	64%	10k	Silver
08 January 2023	Kate Rogers	F60	Exeter First Chance 10k	0:57:20	68%	10k	Silver Star
08 January 2023	Marian Stratton	F60	Exeter First Chance 10k	1:00:31	65%	10k	Silver
08 January 2023	Dene Medland	F60	Exeter First Chance 10k	1:12:49	54%	10k	Bronze
08 January 2023	Andrew Houghton	M75	Exeter First Chance 10k	1:22:24	48%	10k	Commendation
15 January 2023	Grant Harvey	M40	Plympton January Jaunt	0:41:15	69%	10k	Silver Star
15 January 2023	Helen Orme	F45	Plympton January Jaunt	0:47:23	69%	10k	Silver Star
15 January 2023	Paul Waldron	M50	Plympton January Jaunt	0:47:56	64%	10k	Silver
15 January 2023	Richard Nettleship	M50	Plympton January Jaunt	0:58:40	52%	10k	Bronze
15 January 2023	Andy Hughes	M65	Plympton January Jaunt	1:01:31	57%	10k	Bronze Star
22 January 2023	Mark West	M50	Farnborough Winter Half Marathon	1:25:01	79%	Half Marathon	Gold Star