



# CLUB AWARDS SCHEME

## MARCH 2023

RECOGNITION  
CELEBRATION  
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grad	Award	Club Record
05 March 2023	Sam Larkham	Senior Male	Bideford Half Marathon	1:12:42	81%	Half Marathon	Diamond
05 March 2023	Hayden Bond	Senior Male	Bideford Half Marathon	1:18:58	75%	Half Marathon	Gold
05 March 2023	Edward Horn	Senior Male	Bideford Half Marathon	1:23:28	71%	Half Marathon	Gold
05 March 2023	Mark West	M50	Bideford Half Marathon	1:28:57	75%	Half Marathon	Gold Star
05 March 2023	Ian Collacott	M40	Bideford Half Marathon	1:28:57	69%	Half Marathon	Silver Star
05 March 2023	Hannah Worth	F40	Bideford Half Marathon	1:32:26	74%	Half Marathon	Gold
05 March 2023	Allan Herdman	M70	Bideford Half Marathon	1:34:43	85%	Half Marathon	Diamond Star
05 March 2023	Helen Orme	F45	Bideford Half Marathon	1:37:59	72%	Half Marathon	Gold
05 March 2023	Jenny Bryant	F50	Bideford Half Marathon	1:40:47	74%	Half Marathon	Gold
05 March 2023	Nicky Maguire	F45	Bideford Half Marathon	1:48:48	65%	Half Marathon	Silver
05 March 2023	Andrew Millward	M55	Bideford Half Marathon	1:48:51	64%	Half Marathon	Silver
05 March 2023	Peter Bazley	M65	Bideford Half Marathon	1:58:45	65%	Half Marathon	Silver
05 March 2023	Stephanie Wiltshire	Senior Female	Bideford Half Marathon	2:00:23	55%	Half Marathon	Bronze
05 March 2023	Matthew Sweeney	M55	Bideford Half Marathon	2:00:25	58%	Half Marathon	Bronze Star
05 March 2023	Helen Kula-Przezowski	F60	Bideford Half Marathon	2:00:46	70%	Half Marathon	Gold
05 March 2023	Lucy Hann	F45	Bideford Half Marathon	2:07:16	56%	Half Marathon	Bronze Star
05 March 2023	Robert Mills-Hicks	M55	Bideford Half Marathon	2:12:19	53%	Half Marathon	Bronze
05 March 2023	Linda Millward	F55	Bideford Half Marathon	2:14:09	59%	Half Marathon	Bronze Star
05 March 2023	Maarit Green	F65	Bideford Half Marathon	2:14:13	68%	Half Marathon	Silver Star
05 March 2023	Will Walker-Smith	M65	Bideford Half Marathon	2:15:23	57%	Half Marathon	Bronze Star
05 March 2023	Sarah Swinburne	F45	Bideford Half Marathon	2:15:26	52%	Half Marathon	Bronze
05 March 2023	Paula Lawrence	F45	Bideford Half Marathon	2:16:45	52%	Half Marathon	Bronze
05 March 2023	Andy Hughes	M65	Bideford Half Marathon	2:22:40	54%	Half Marathon	Bronze
05 March 2023	Ann Ruddock	F55	Bideford Half Marathon	2:25:25	55%	Half Marathon	Bronze

05 March 2023	Kitty Refson	F65	Bideford Half Marathon	2:33:31	60%	Half Marathon	Bronze Star	
05 March 2023	Andrew Houghton	M75	Bideford Half Marathon	3:03:37	47%	Half Marathon	Commendation	
05 March 2023	Nikki Kelly	Senior Female	Paris Half Marathon	1:19:46	83%	Half Marathon	Diamond	Senior Female Half Marathon Club Record
05 March 2023	Anna Kelly	Senior Female	Paris Half Marathon	2:06:56	52%	Half Marathon	Bronze	
12 March 2023	Ben Neale	Senior Male	Granite Way 10	0:53:57	82%	10 miles	Diamond	
12 March 2023	Hayden Bond	Senior Male	Granite Way 10	1:01:37	72%	10 miles	Gold	
12 March 2023	Grant Harvey	M40	Granite Way 10	1:03:13	74%	10 miles	Gold	
12 March 2023	Corin Russell	Senior Male	Granite Way 10	1:11:17	62%	10 miles	Silver	
12 March 2023	Helen Orme	F45	Granite Way 10	1:13:40	72%	10 miles	Gold	F45 10 miles Club Record
12 March 2023	Sarah Turner	F40	Granite Way 10	1:27:22	59%	10 miles	Bronze Star	
12 March 2023	Kate Rogers	F60	Granite Way 10	1:34:12	68%	10 miles	Silver Star	
12 March 2023	Valerie Evans	F70	Granite Way 10	1:43:06	72%	10 miles	Gold	F70 10 miles Club Record
12 March 2023	Helen Kula-Przezawski	F60	Falmouth Half Marathon	2:10:03	65%	Half Marathon	Silver Star	
18 March 2023	Grant Harvey	M40	Tavy 5	0:18:39	73%	5k	Gold	
18 March 2023	Samantha Lake	F40	Tavy 5	0:19:05	80%	5k	Diamond	
18 March 2023	David Harris	M55	Tavy 5	0:20:15	76%	5k	Gold Star	
18 March 2023	Allan Herdman	M70	Tavy 5	0:20:41	85%	5k	Diamond Star	M70 5k Club Record
18 March 2023	Helen Orme	F45	Tavy 5	0:21:30	74%	5k	Gold	F45 5k Club Record
18 March 2023	Ruben Gaxnfield	Senior Male	Tavy 5	0:22:11	58%	5k	Bronze Star	
18 March 2023	Caroline Steven	F55	Tavy 5	0:22:21	80%	5k	Gold Star	
18 March 2023	James Crossey	Senior Male	Tavy 5	0:22:40	57%	5k	Bronze Star	
18 March 2023	Andy Millward	M45	Tavy 5	0:22:49	62%	5k	Silver	
18 March 2023	Mark Orme	M50	Tavy 5	0:22:50	65%	5k	Silver	
18 March 2023	David Twine	M65	Tavy 5	0:24:15	69%	5k	Silver Star	
18 March 2023	Peter Bazley	M65	Tavy 5	0:24:48	68%	5k	Silver Star	
18 March 2023	Anthony Shearer	M70	Tavy 5	0:24:55	71%	5k	Gold	
18 March 2023	Nicole Heryet	F50	Tavy 5	0:25:07	67%	5k	Silver Star	
18 March 2023	Marion Stratton	F60	Tavy 5	0:29:27	65%	5k	Silver	
18 March 2023	Darren Fisher	M50	Tavy 5	0:32:39	45%	5k	Commendation	
18 March 2023	Trevor Grigg	M65	Tavy 5	0:35:48	47%	5k	Commendation	
18 March 2023	Sarah Walton	F40	Tavy 5	0:36:32	42%	5k	Commendation	
19 March 2023	Ian Collacott	M40	Weymouth Half Marathon	1:28:35	70%	Half Marathon	Silver Star	
26 March 2023	Ben Neale	Senior Male	Tavy 13	1:13:13	81%	Half Marathon	Diamond	

26 March 2023	Samantha Lake	F40	Tavy 13	1:30:59	75%	Half Marathon	Gold	
26 March 2023	Allan Herdman	M70	Tavy 13	1:38:41	82%	Half Marathon	Diamond	
26 March 2023	Joseph Chalk	M45	Tavy 13	1:44:38	61%	Half Marathon	Silver	
26 March 2023	Steve Cox	M50	Tavy 13	1:46:05	63%	Half Marathon	Silver	
26 March 2023	Anna Luff-Kirvell	F35	Tavy 13	2:12:03	50%	Half Marathon	Bronze	