



CLUB AWARDS SCHEME

MAY 2023

RECOGNITION
CELEBRATION
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
02 May 2023	Ben Neale	Senior Male	Run Exe 5k	0:15:21	84%	5k	Diamond
07 May 2023	Nikki Kelly	Senior Female	Bideford 10k	0:35:55	84%	10k	Diamond
07 May 2023	Hayden Bond	Senior Male	Bideford 10k	0:36:16	74%	10k	Gold
07 May 2023	Ian Collacott	M40	Bideford 10k	0:39:50	71%	10k	Gold
07 May 2023	Jenny Bryant	F55	Bideford 10k	0:47:28	77%	10k	Gold Star
07 May 2023	Carole Walters	F60	Bideford 10k	0:48:12	81%	10k	Diamond
07 May 2023	Nicky Maguire	F45	Bideford 10k	0:49:07	66%	10k	Silver Star
07 May 2023	Sam Sharland	Senior Male	Bideford 10k	0:50:21	53%	10k	Bronze
07 May 2023	Anthony Shearer	M70	Bideford 10k	0:52:22	70%	10k	Gold
07 May 2023	Anna Kelly	Senior Female	Bideford 10k	0:56:24	54%	10k	Bronze
07 May 2023	Andy Hughes	M65	Bideford 10k	0:57:58	60%	10k	Silver
07 May 2023	Marion Stratton	F65	Bideford 10k	0:58:55	72%	10k	Gold
07 May 2023	Ian Trice	M45	Saltash Half Marathon	1:34:32	68%	Half Marathon	Silver Star
07 May 2023	Soozie Trice	F45	Saltash Half Marathon	1:46:19	66%	Half Marathon	Silver Star
07 May 2023	Peter Bazley	M65	Saltash Half Marathon	2:07:41	60%	Half Marathon	Silver
07 May 2023	Stephanie Wiltshire	Senior Female	Saltash Half Marathon	2:23:10	46%	Half Marathon	Commendation
07 May 2023	Matthew Sweeney	M50	Saltash Half Marathon	2:23:10	47%	Half Marathon	Commendation
07 May 2023	Carlos Castillo	M50	Geneva Half Marathon	1:46:34	63%	Half Marathon	Silver
07 May 2023	Sarah Holland	F45	Geneva Half Marathon	1:55:43	61%	Half Marathon	Silver
14 May 2023	Jenny Bryant	F55	Bristol Half Marathon	1:45:51	75%	Half Marathon	Gold Star
14 May 2023	Corin Russell	Senior Male	Plymouth 10k	0:40:45	66%	10k	Silver Star
14 May 2023	Amanda Warnett	F60	Plymouth 10k	0:56:20	70%	10k	Silver Star
14 May 2023	Annette Smith	F70	Plymouth 10k	1:05:53	69%	10k	Silver Star

14 May 2023	Cynthia Squance	F60	Plymouth 10k	1:08:38	57%	10k	Bronze Star	
14 May 2023	Darren Fisher	M50	Plymouth 10k	1:10:20	44%	10k	Commendation	
14 May 2023	Ben Neale	Senior Male	Plymouth Half Marathon	1:10:28	84%	Half Marathon	Diamond	
14 May 2023	Sam Larkham	M40	Plymouth Half Marathon	1:14:03	83%	Half Marathon	Diamond	M40 Half Marathon Club Record
14 May 2023	Nikki Kelly	Senior Female	Plymouth Half Marathon	1:21:52	80%	Half Marathon	Diamond	
14 May 2023	Grant Harvey	M40	Plymouth Half Marathon	1:22:05	75%	Half Marathon	Gold Star	
14 May 2023	Hayden Bond	Senior Male	Plymouth Half Marathon	1:23:46	71%	Half Marathon	Gold	
14 May 2023	Michael Greenacre	Senior Male	Plymouth Half Marathon	1:25:19	69%	Half Marathon	Silver Star	
14 May 2023	James Armstrong	Senior Male	Plymouth Half Marathon	1:32:34	64%	Half Marathon	Silver	
14 May 2023	Mark West	M50	Plymouth Half Marathon	1:34:56	71%	Half Marathon	Gold	
14 May 2023	Helen Orme	F45	Plymouth Half Marathon	1:43:47	68%	Half Marathon	Silver Star	
14 May 2023	Emelia Steel	Senior Female	Plymouth Half Marathon	1:53:56	58%	Half Marathon	Bronze Star	
14 May 2023	Duncan Tilney	M45	Plymouth Half Marathon	1:55:28	56%	Half Marathon	Bronze Star	
14 May 2023	Sarah Turner	F40	Plymouth Half Marathon	1:56:47	58%	Half Marathon	Bronze Star	
14 May 2023	Anna Luff-Kirvell	F35	Plymouth Half Marathon	2:00:29	55%	Half Marathon	Bronze Star	
14 May 2023	Richard Nettleship	M50	Plymouth Half Marathon	2:03:43	54%	Half Marathon	Bronze	
14 May 2023	Emma Webber	F40	Plymouth Half Marathon	2:04:15	55%	Half Marathon	Bronze	
14 May 2023	Sarah Swinburne	F45	Plymouth Half Marathon	2:05:47	56%	Half Marathon	Bronze Star	
14 May 2023	Lisa Hall	F50	Plymouth Half Marathon	2:10:49	57%	Half Marathon	Bronze Star	
14 May 2023	Lucy Hann	F45	Plymouth Half Marathon	2:11:25	54%	Half Marathon	Bronze	
14 May 2023	Sarah Prior	F50	Plymouth Half Marathon	2:17:20	54%	Half Marathon	Bronze	
14 May 2023	Valerie Evans	F70	Plymouth Half Marathon	2:18:43	71%	Half Marathon	Gold	
14 May 2023	Danielle James	F40	Plymouth Half Marathon	2:29:47	45%	Half Marathon	Commendation	
14 May 2023	Ann Ruddock	F60	Plymouth Half Marathon	2:31:13	56%	Half Marathon	Bronze Star	
14 May 2023	Kitty Refson	F65	Plymouth Half Marathon	2:36:30	58%	Half Marathon	Bronze Star	
20 May 2023	Edward Horn	Senior Male	Tavy 5k	0:18:51	68%	5k	Silver Star	
20 May 2023	Ian Duffin	M45	Tavy 5k	0:20:15	70%	5k	Gold	
20 May 2023	David Harris	M60	Tavy 5k	0:20:36	78%	5k	Gold Star	
20 May 2023	Andy Millward	M45	Tavy 5k	0:22:41	63%	5k	Silver	
20 May 2023	Carole Walters	F60	Tavy 5k	0:23:50	80%	5k	Diamond	F60 5k Club Record
20 May 2023	Peter Bazley	M65	Tavy 5k	0:24:37	68%	5k	Silver Star	
20 May 2023	Anthony Shearer	M70	Tavy 5k	0:24:46	71%	5k	Gold	
20 May 2023	Helen Kula-Przewanski	F60	Tavy 5k	0:26:59	71%	5k	Gold	

20 May 2023	Sarah Walton	F45	Tavy 5k	0:33:07	48%	5k	Commendation	
20 May 2023	Grant Harvey	M40	Muskie Madness	0:45:46	62%	10k	Silver	
20 May 2023	Carlos Castillo	M50	Muskie Madness	0:54:57	56%	10k	Bronze Star	
20 May 2023	Sarah Holland	F45	Muskie Madness	0:59:39	55%	10k	Bronze	
20 May 2023	Peter Bazley	M65	Muskie Madness	1:04:22	54%	10k	Bronze	
20 May 2023	Anna Luff-Kirvell	F35	Muskie Madness	1:04:22	48%	10k	Commendation	
20 May 2023	Donna Stacey	F50	Muskie Madness	1:09:52	49%	10k	Commendation	
20 May 2023	Lisa Mabey	F45	Muskie Madness	1:10:01	46%	10k	Commendation	
21 May 2023	Ben Neale	Senior Male	Great West Run	1:09:18	85%	Half Marathon	Diamond Star	
21 May 2023	Edward Horn	Senior Male	Great West Run	1:25:42	69%	Half Marathon	Silver Star	
21 May 2023	Corin Russell	Senior Male	Great West Run	1:27:40	68%	Half Marathon	Silver Star	
21 May 2023	Samantha Lake	F40	Chester Half Marathon	1:27:20	78%	Half Marathon	Gold Star	
27 May 2023	Grant Harvey	M40	Ivybridge 10k	0:38:02	75%	10k	Gold	
27 May 2023	David Harris	M60	Ivybridge 10k	0:42:14	79%	10k	Gold Star	
27 May 2023	Peter Bazley	M65	Ivybridge 10k	0:51:48	67%	10k	Silver Star	
27 May 2023	Anthony Shearer	M70	Ivybridge 10k	0:52:49	69%	10k	Silver Star	
28 May 2023	Ian Collacott	M40	Edinburgh Half Marathon	1:28:34	70%	Half Marathon	Silver Star	