



# CLUB AWARDS SCHEME

## JULY 2023

RECOGNITION  
CELEBRATION  
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
04 July 2023	Samantha Lake	F40	Run Exe 5k	0:19:32	78%	5k Gold Star	
04 July 2023	Carlos Castillo	M50	Run Exe 5k	0:22:24	66%	5k Silver Star	
04 July 2023	Clara Bowles	Senior Female	Run Exe 5k	0:25:12	59%	5k Bronze Star	
19 July 2023	Jenny Bryant	F55	Exeter 10k	0:48:45	75%	10k Gold Star	
22 July 2023	Grant Harvey	M40	Cornwood 10k	0:39:30	72%	10k Gold	
22 July 2023	Charlotte Walker	Senior Female	Cornwood 10k	0:40:51	74%	10k Gold	
22 July 2023	Hannah Walker	Senior Female	Cornwood 10k	0:47:29	64%	10k Silver	
22 July 2023	Peter Bazley	M65	Cornwood 10k	1:01:05	57%	10k Bronze Star	
25 July 2023	Allan Herdman	M70	1 Mile Time Trial	0:06:12	82%	1 mile Diamond	
25 July 2023	Tony Shearer	M70	1 Mile Time Trial	0:07:16	70%	1 mile Silver Star	
25 July 2023	Carole Walters	F60	1 Mile Time Trial	0:07:24	77%	1 mile Gold Star	
25 July 2023	Lucy Hann	F45	1 Mile Time Trial	0:07:53	59%	1 mile Bronze Star	
25 July 2023	Andy Hughes	M65	1 Mile Time Trial	0:07:54	61%	1 mile Silver	
25 July 2023	Jean Phillips	F55	1 Mile Time Trial	0:08:15	64%	1 mile Silver	
25 July 2023	Valerie Evans	F70	1 Mile Time Trial	0:08:39	77%	1 mile Gold Star	
25 July 2023	Penny Taylor	F60	1 Mile Time Trial	0:08:40	66%	1 mile Silver Star	
25 July 2023	Sarah Walton	F45	1 Mile Time Trial	0:08:58	52%	1 mile Bronze	
25 July 2023	Kitty Refson	F65	1 Mile Time Trial	0:08:59	69%	1 mile Silver Star	
25 July 2023	Richard Payne	M70	1 Mile Time Trial	0:09:02	56%	1 mile Bronze Star	
25 July 2023	Claire White	F40	1 Mile Time Trial	0:09:05	49%	1 mile Commendation	
25 July 2023	Darren Fisher	M50	1 Mile Time Trial	0:09:34	44%	1 mile Commendation	
25 July 2023	Ann Ruddock	F60	1 Mile Time Trial	0:09:44	59%	1 mile Bronze Star	