



CLUB AWARDS SCHEME

JUNE 2023

RECOGNITION
CELEBRATION
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade		Award	Club Record
03 June 2023	Hayden Bond	Senior Male	Burrator 10k	0:36:25	74%	10k	Gold	
03 June 2023	Nikki Kelly	Senior Female	Burrator 10k	0:36:27	83%	10k	Diamond	
03 June 2023	Michael Greenacre	Senior Male	Burrator 10k	0:39:29	68%	10k	Silver Star	
03 June 2023	Jenny Bryant	F55	Burrator 10k	0:48:25	76%	10k	Gold Star	
03 June 2023	Samuel Sharland	Senior Male	Burrator 10k	0:51:22	52%	10k	Bronze	
03 June 2023	Amanda Warnett	F60	Burrator 10k	0:58:40	67%	10k	Silver Star	
03 June 2023	Thelma Turner	F65	Burrator 10k	1:06:30	63%	10k	Silver	
03 June 2023	Jean Phillips	F55	Burrator 10k	1:07:32	54%	10k	Bronze	
03 June 2023	Ann Ruddock	F60	Burrator 10k	1:07:34	58%	10k	Bronze Star	
03 June 2023	Darren Fisher	M50	Burrator 10k	1:11:36	43%	10k	Commendation	
06 June 2023	Samantha Lake	F40	Run Exe 5k	0:19:22	79%	5k	Gold Star	
06 June 2023	Jasmine Gray	Senior Female	Run Exe 5k	0:19:34	76%	5k	Gold Star	
11 June 2023	Nikki Kelly	Senior Female	Swansea Half Marathon	1:18:23	84%	Half Marathon	Diamond	Senior Female Half Marathon Club Record
11 June 2023	Anna Kelly	Senior Female	Swansea Half Marathon	2:15:44	49%	Half Marathon	Commendation	
14 June 2023	Grant Harvey	M40	Armada 5k	0:18:24	74%	5k	Gold	
14 June 2023	Sarah Holland	F45	Armada 5k	0:24:19	65%	5k	Silver Star	
14 June 2023	Peter Bazley	M65	Armada 5k	0:26:03	64%	5k	Silver	
14 June 2023	Tracey Oxborough	F55	Armada 5k	0:27:57	64%	5k	Silver	
14 June 2023	Kate Rogers	F60	Armada 5k	0:28:28	67%	5k	Silver Star	
17 June 2023	Grant Harvey	M40	Tavy 5k	0:18:11	75%	5k	Gold Star	
17 June 2023	Corin Russell	Senior Male	Tavy 5k	0:19:04	68%	5k	Silver Star	
17 June 2023	Caroline Steven	F55	Tavy 5k	0:21:46	82%	5k	Diamond	
17 June 2023	Helen Orme	F45	Tavy 5k	0:22:32	70%	5k	Gold	

17 June 2023	Steve Cox	M50	Tavy 5k	0:22:43	65%	5k	Silver	
17 June 2023	Peter Bazley	M65	Tavy 5k	0:24:52	67%	5k	Silver Star	
17 June 2023	Nicole Heryet	F50	Tavy 5k	0:25:41	65%	5k	Silver Star	
17 June 2023	Darren Fisher	M50	Tavy 5k	0:33:12	44%	5k	Commendation	
17 June 2023	Ann Fitzsimmons	F70	Tavy 5k	0:35:08	63%	5k	Silver	
30 June 2023	Trevor Grigg	M65	Exeter 10k River Run	1:17:01	45%	10k	Commendation	