



CLUB AWARDS SCHEME

OCTOBER 2023

RECOGNITION
CELEBRATION
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
01 October 2023	Nikki Kelly	Senior Female	Cardiff Half Marathon	1:20:16	82%	Half Marathon	Diamond
01 October 2023	Ben Neale	Senior Male	Cardiff Half Marathon	1:22:55	71%	Half Marathon	Gold
01 October 2023	James Armstrong	Senior Male	Cardiff Half Marathon	1:30:14	66%	Half Marathon	Silver Star
01 October 2023	Ian Collacott	M40	Cardiff Half Marathon	1:32:56	66%	Half Marathon	Silver Star
01 October 2023	Jenny Bryant	F55	Cardiff Half Marathon	1:47:11	74%	Half Marathon	Gold
01 October 2023	Sam Hortopp	Senior Male	Cardiff Half Marathon	1:50:18	54%	Half Marathon	Bronze
01 October 2023	Emma Webber	F40	Cardiff Half Marathon	2:00:51	56%	Half Marathon	Bronze Star
01 October 2023	Andy Hughes	M65	Cardiff Half Marathon	2:06:40	61%	Half Marathon	Silver
01 October 2023	Anna Luff	F35	Cardiff Half Marathon	2:17:21	48%	Half Marathon	Commendation
01 October 2023	Richard Nettleship	M55	Cardiff Half Marathon	2:19:41	50%	Half Marathon	Bronze
01 October 2023	Sarah Prior	F50	Cardiff Half Marathon	2:21:00	53%	Half Marathon	Bronze
01 October 2023	Anna Kelly	Senior Female	Cardiff Half Marathon	2:23:47	46%	Half Marathon	Commendation
01 October 2023	Ann Ruddock	F60	Cardiff Half Marathon	2:29:37	57%	Half Marathon	Bronze Star
08 October 2023	Amanda Warnett	F60	Tamar 10k	0:56:18	70%	10k	Silver Star
08 October 2023	Andy Hughes	M65	Tamar 10k	0:58:18	60%	10k	Bronze Star
08 October 2023	Trevor Grigg	M65	Tamar 10k	1:21:14	43%	10k	Commendation
15 October 2023	Ben Neale	Senior Male	Bath Half Marathon	1:10:31	84%	Half Marathon	Diamond
15 October 2023	Sam Larkham	M40	Bath Half Marathon	1:13:40	84%	Half Marathon	Diamond
15 October 2023	Nikki Kelly	Senior Female	Bath Half Marathon	1:20:36	82%	Half Marathon	Diamond
15 October 2023	Mark West	M50	Great South Run	1:05:47	77%	10 miles	Gold Star
15 October 2023	Molly Bytheway	Senior Female	Great South Run	1:20:19	62%	10 miles	Silver
15 October 2023	Carole Walters	F60	Eden Half Marathon	1:50:28	77%	Half Marathon	Gold Star
15 October 2023	Jenny Bryant	F55	Eden Half Marathon	1:51:41	71%	Half Marathon	Gold

15 October 2023	Anna Luff	F35	Eden Half Marathon	2:03:08	54%	Half Marathon	Bronze	
15 October 2023	Richard Nettleship	M55	Yorkshire Marathon	4:45:24	51%	Marathon	Bronze	
21 October 2023	Corin Russell	Senior Male	Tavy 5	0:19:03	68%	5k	Silver Star	
21 October 2023	Jasmine Gray	Senior Female	Tavy 5	0:19:22	76%	5k	Gold Star	
21 October 2023	Alistair Peers	M40	Tavy 5	0:19:45	69%	5k	Silver Star	
21 October 2023	Mark Curtis	M55	Tavy 5	0:20:23	75%	5k	Gold Star	
21 October 2023	Jenny Jeeves	F55	Tavy 5	0:21:04	85%	5k	Diamond	
21 October 2023	Hannah Worth	F40	Tavy 5	0:21:19	72%	5k	Gold	
21 October 2023	James Crossey	Senior Male	Tavy 5	0:22:59	56%	5k	Bronze Star	
21 October 2023	Jenny Bryant	F55	Tavy 5	0:24:01	74%	5k	Gold	
21 October 2023	Peter Bazley	M65	Tavy 5	0:25:43	65%	5k	Silver Star	
21 October 2023	Nicole Heryet	F50	Tavy 5	0:26:15	64%	5k	Silver	
21 October 2023	Anna Kelly	Senior Female	Tavy 5	0:27:52	53%	5k	Bronze	
21 October 2023	Marion Stratton	F65	Tavy 5	0:31:35	65%	5k	Silver Star	
21 October 2023	Darren Fisher	M55	Tavy 5	0:34:00	45%	5k	Commendation	
21 October 2023	Morwenna Tregellas	F40	Tavy 5	0:35:31	43%	5k	Commendation	
21 October 2023	Naoka Yoshihara-Coles	F45	Tavy 5	0:35:31	45%	5k	Commendation	
29 October 2023	Ian Collacott	M40	Dublin Marathon	3:37:02	59%	Marathon	Bronze Star	