

CLUB AWARDS SCHEME

RECOGNITION CELEBRATION INSPIRATION

2023 Individual Awards

| Name | Age Cat | Distance | Date | Event | Time | Age Grade | Award |
|--------------------|---------|---------------|-------------------|-------------------------|----------|--------------|--------------|
| | | 1 mile | - | - | - | - | - |
| Adam | | 5k | 16 December 2023 | Tavy 5 | 00:16:09 | 80% | Gold Star |
| | Senior | 10k | - | - | - | - | - |
| 'Tango' Holland | Male | 10 miles | - | - | - | - | - |
| Попапи | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 19 August 2023 | Tavy 5 | 00:26:11 | 58% | Bronze Star |
| Alison | F40 | 10k | - | - | - | - | - |
| Bigham | F40 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 21 October 2023 | Tavy 5 | 00:19:45 | 69% | Silver Star |
| Aliatain Daana | N440 | 10k | 08 January 2023 | Exeter First Chance 10k | 00:38:30 | 74% | Gold |
| Alistair Peers | M40 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:06:12 | 82% | Diamond |
| | | 5k | 16 September 2023 | Tavy 5 | 00:20:36 | 86% | Diamond Star |
| Allan | N470 | 10k | 07 April 2023 | Exeter Fast Friday 10k | 00:43:30 | 84% | Diamond |
| Herdman | M70 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:11:30 | 85% | Diamond |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:34:43 | 85% | Diamond Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Amanda | F60 | 10k | 08 October 2023 | Tamar 10k | 00:56:18 | 70% | Silver Star |
| Warnett | F60 | 10 miles | - | - | - | - | - |
| | | Half Marathon | 12 February 2023 | Exeter Half Marathon | 02:02:46 | 69% | Silver Star |
| | | Marathon | 23 April 2023 | The London Marathon | 04:46:29 | 64% | Silver |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:09:31 | 57% | Bronze Star |
| | | 5k | 18 February 2023 | Tavy 5 | 00:29:45 | 64% | Silver |
| Andrew | N 475 | 10k | 08 January 2023 | Exeter First Chance 10k | 01:22:24 | 48% | Commendation |
| Houghton | M75 | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 03:03:37 | 47% | Commendation |
| | | Marathon | - | - | - | - | - |
| | | | | | | | |

| | | 1 mile | | | | | |
|---------------|--------|---------------|------------------------|------------------------|------------|-----|--------------|
| | | | - | - | + - | | - |
| Andrew | | 5k | - | - | - | - | - |
| Millward | M55 | 10k | - 05 Navarah - 2022 | Pidefe ad 40 acile a | - 04-22-26 | - | - Cil |
| Milliward | | 10 miles | 05 November 2023 | Bideford 10 miler | 01:23:36 | 63% | Silver |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:48:51 | 64% | Silver |
| | | Marathon | - | | - | - | - |
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:07:54 | 61% | Silver |
| | | 5k | 16 December 2023 | Tavy 5 | 00:26:03 | 64% | Silver |
| Andy Hughes | M65 | 10k | 07 May 2023 | Bideford 10k | 00:57:58 | 60% | Silver |
| | | 10 miles | 05 November 2023 | Bideford 10 miler | 01:31:08 | 63% | Silver |
| | | Half Marathon | 01 October 2023 | Cardiff Half Marathon | 02:06:40 | 61% | Silver |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 17 June 2023 | Tavy 5 | 00:35:08 | 63% | Silver |
| Ann | F70 | 10k | - | - | - | - | - |
| Fitzsimmons | .,, | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Ann Ruddock | F55 | 10k | - | - | - | - | - |
| Ann Ruddock | F33 | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:25:25 | 55% | Bronze |
| | | Marathon | - | - | - | - | 1 |
| | F60 | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:09:44 | 59% | Bronze Star |
| | | 5k | 16 December 2023 | Tavy 5 | 00:31:10 | 61% | Silver |
| Ann Ruddock | | 10k | 03 June 2023 | Burrator 10k | 01:07:34 | 58% | Bronze Star |
| AIIII RUUUUCK | | 10 miles | 05 November 2023 | Bideford 10 miler | 01:49:41 | 59% | Bronze Star |
| | | Half Marathon | 01 October 2023 | Cardiff Half Marathon | 02:29:37 | 57% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 15 April 2023 | Tavy 5 | 00:26:58 | 55% | Bronze |
| | Senior | 10k | 07 May 2023 | Bideford 10k | 00:56:24 | 54% | Bronze |
| Anna Kelly | Female | 10 miles | 05 November 2023 | Bideford 10 miler | 01:37:46 | 51% | Bronze |
| | | Half Marathon | 05 March 2023 | Paris Half Marathon | 02:06:56 | 52% | Bronze |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| | | 10k | 20 May 2023 | Muskie Madness | 01:04:22 | 48% | Commendation |
| Anna Luff | F35 | 10 miles | 26 February 2023 | Looe 10 miler | 01:41:56 | 49% | Commendation |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 02:00:29 | 55% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | _ | - |
| | | 5k | _ | - | _ | - | - |
| Annette | | 10k | 14 May 2023 | Plymouth 10k | 01:05:53 | 69% | Silver Star |
| Smith | F70 | 10 miles | | - | - | - | - |
| | | Half Marathon | - | <u> </u> | _ | - | _ |
| | | Marathon | <u> </u> | <u> </u> | + - | - | _ |
| | | ividiatiiUII | - | - | | _ | _ |

| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:07:12 | 70% | Gold |
|-----------|--------|---------------|------------------------|-------------------------|--------------|---------|--------------|
| | 5k | 20 May 2023 | Tavy 5 | 00:24:46 | 71% | Gold | |
| Anthony | | 10k | 07 May 2023 | Bideford 10k | 00:52:22 | 70% | Gold |
| Shearer | M70 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:27:21 | 69% | Silver Star |
| Silearei | | Half Marathon | - | - Dideford 10 fillief | - | - | Jilver Star |
| | | Marathon | _ | <u>-</u> | | | - |
| | | 1 mile | _ | | | _ | _ |
| | | 5k | - 16 September 2023 | Tavy 5 | 00:24:27 | 61% | Silver |
| Anyia | Senior | 10k | 10 September 2025 | Tavy 5 | - | - | Silvei |
| McAulay | Female | 10 miles | - | - | - | | - |
| ivicAulay | remale | Half Marathon | - | - | - | | - |
| | | | - | <u>-</u> | - | - | - |
| | | Marathon | - | <u>-</u> | - | - | - |
| | | 1 mile | - 46 D J 2022 | <u> </u> | - 00 45 40 | - 0.40/ | - |
| | C | 5k | 16 December 2023 | Tavy 5 | 00:15:19 | 84% | Diamond |
| Ben Neale | Senior | 10k | 16 April 2023 | Newport 10k | 00:31:49 | 84% | Diamond |
| | Male | 10 miles | 05 November 2023 | Bideford 10 miler | 00:53:42 | 83% | Diamond |
| | | Half Marathon | 21 May 2023 | Great West Run | 01:09:18 | 85% | Diamond Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 04 July 2023 | Run Exe 5k | 00:22:24 | 66% | Silver Star |
| Carlos | M50 | 10k | 08 January 2023 | Exeter First Chance 10k | 00:47:41 | 64% | Silver |
| Castillo | | 10 miles | 26 February 2023 | Looe 10 miler | 01:28:40 | 57% | Bronze Star |
| | | Half Marathon | 07 May 2023 | Geneva Half Marathon | 01:46:34 | 63% | Silver |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:07:24 | 77% | Gold Star |
| | | 5k | 19 August 2023 | Tavy 5 | 00:23:17 | 82% | Diamond |
| Carole | F60 | 10k | 07 May 2023 | Bideford 10k | 00:48:12 | 81% | Diamond |
| Walters | '00 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:20:13 | 80% | Diamond |
| | | Half Marathon | 15 October 2023 | Eden Half Marathon | 01:50:28 | 77% | Gold Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:06:21 | 84% | Diamond |
| | | 5k | 19 August 2023 | Tavy 5 | 00:21:10 | 84% | Diamond |
| Caroline | F55 | 10k | 03 September 2023 | Bridgewater 10k | 00:43:33 | 84% | Diamond |
| Steven | 1 33 | 10 miles | - | - | - | - | ı |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:25:37 | 58% | Bronze Star |
| Charlotte | Senior | 10k | - | - | - | - | - |
| Doney | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:20:35 | 72% | Gold |
| Charlotte | Senior | 10k | 22 July 2023 | Cornwood 10k | 00:40:51 | 74% | Gold |
| Walker | Female | 10 miles | - | <u> </u> | - | - | - |
| Walker | remale | J | | | | | |
| | | Half Marathon | - | - | - | - | - |

| | 1 | 4! - | | | | | |
|-------------------|--------|---|--------------------------------------|---|----------|-----|--------------|
| | | 1 mile | - | | - | - | - |
| | | 5k | 15 April 2023 | Tavy 5 | 00:26:24 | 64% | Silver |
| Claire Duffin | F50 | 10k | - | | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | | - | - | - |
| | | 5k | 18 November 2023 | Tavy 5 | 00:39:27 | 39% | Commendation |
| Claire | F40 | 10k | - | - | - | - | - |
| Lemasurier | | 10 miles | - | <u>-</u> | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | <u>-</u> | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:08:53 | 50% | Commendation |
| | | 5k | 16 September 2023 | Tavy 5 | 00:31:17 | 49% | Commendation |
| Claire White | F40 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | <u>-</u> | - | - | - |
| | | 5k | 18 April 2023 | Run Exe 5k | 00:24:41 | 60% | Bronze Star |
| Clara Bowles | Senior | 10k | - | - | - | - | - |
| Ciara Bowles | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:18:57 | 68% | Silver Star |
| Connor | Senior | 10k | - | - | - | - | - |
| Duffin | Male | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 21 October 2023 | Tavy 5 | 00:19:03 | 68% | Silver Star |
| Corin Russell | Senior | 10k | 10 December 2023 | Telford 10k | 00:38:25 | 70% | Silver Star |
| Corin Russeii | Male | 10 miles | 05 November 2023 | Bideford 10 miler | 01:04:36 | 69% | Silver Star |
| | | Half Marathon | 21 May 2023 | Great West Run | 01:27:40 | 68% | Silver Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Cynthia | E60 | 10k | 14 May 2023 | Plymouth 10k | 01:08:38 | 57% | Bronze Star |
| Squance | F60 | 10 miles | - | - | - | - | - |
| Squance | | | | | | | _ |
| | | Half Marathon | | <u> </u> | | - | |
| | | | - | - - | - | - | - |
| | | Half Marathon | - - - | - - - | | | - |
| | | Half Marathon Marathon | - - - - | - - - - | | - | - |
| Danielle | F40 | Half Marathon Marathon 1 mile | - - - - | - - - - | - | - | |
| Danielle James | F40 | Half Marathon Marathon 1 mile 5k | - - - - - | - - - - - - | - | | - |
| | F40 | Half Marathon Marathon 1 mile 5k 10k | - - - - - 14 May 2023 | - - - - - Plymouth Half Marathon | | - | - |

| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:09:34 | 44% | Commendation |
|--------------|-----|---------------|-----------------------|-------------------------|--|-------|-------------------|
| | | 5k | 18 March 2023 | Tavy 5 | 00:32:39 | 45% | Commendation |
| Darren | | 10k | 14 May 2023 | Plymouth 10k | 01:10:20 | 44% | Commendation |
| Fisher | M50 | 10 miles | 14 May 2023 | | - 01:10:20 | - | Commendation |
| risilei | | Half Marathon | - | - | <u>-</u> | | - |
| | | Marathon | - | - | + - | | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:09:35 | 46% | - Commendation |
| | | 5k | 16 September 2023 | Tavy 5 | 00:09:55 | 45% | Commendation |
| Darren | | 10k | | - | - 00.33.30 | - | Commendation |
| Fisher | M55 | 10 miles | - | <u>-</u> | | | - |
| Tistiei | | Half Marathon | - | <u> </u> | <u> </u> | | - |
| | | Marathon | - | <u> </u> | <u> </u> | | _ |
| | | 1 mile | - | - | - | _ | - |
| | | | - 16 December 2022 | Точи Г | 00:25:10 | | Cilven |
| David | | 5k 10k | 16 December 2023 | Tavy 5 | 00:25:10 | 64% | Silver |
| Fairbairn | M60 | | - | | + | - | - |
| Fairbairn | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - 40 Marrala 2022 | - T | | 7.00/ | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:20:15 | 76% | Gold Star |
| David Harris | M55 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - 20 M 2022 | - TF | | - | - |
| | M60 | 5k | 20 May 2023 | Tavy 5 | 00:20:36 | 78% | Gold Star |
| David Harris | | 10k | 27 May 2023 | Ivybridge 10k | 00:42:14 | 79% | Gold Star |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | | - | - | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:24:15 | 69% | Silver Star |
| David Twine | M65 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| _ | | 5k | - | - | - | - | - |
| Dene | F60 | 10k | 08 January 2023 | Exeter First Chance 10k | 01:12:49 | 54% | Bronze |
| Medland | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | 23 April 2023 | The London Marathon | 05:09:21 | 60% | Bronze Star |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 November 2023 | Tavy 5 | 00:46:22 | 44% | Commendation |
| Diane | F65 | 10k | - | - | - | - | - |
| Reardon | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | _ | - | - | - | - |

| | | 1 mile | | | | | |
|----------------|--------|---------------|--------------------|------------------------|----------|-----|--------------|
| | | | - | - | - | - | - |
| Donna | 5k | - | | - | - | - | |
| | F50 | 10k | 20 May 2023 | Muskie Madness | 01:09:52 | 49% | Commendation |
| Stacey | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | <u>-</u> | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | <u>-</u> | - | - | - |
| Duncan | M45 | 10k | - | - | - | - | - |
| Tilney | | 10 miles | - | <u>-</u> | - | - | - |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 01:55:28 | 56% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 15 April 2023 | Tavy 5 | 00:23:39 | 55% | Bronze |
| Edward | Senior | 10k | - | - | - | - | - |
| Fileman | Male | 10 miles | - | <u>-</u> | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 20 May 2023 | Tavy 5 | 00:18:51 | 68% | Silver Star |
| Edward Horn | Senior | 10k | - | - | - | - | - |
| Luwaru Horri | Male | 10 miles | 05 November 2023 | Bideford 10 miler | 01:04:16 | 69% | Silver Star |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:23:28 | 71% | Gold |
| | | Marathon | 23 April 2023 | The London Marathon | 03:04:10 | 68% | Silver Star |
| | | 1 mile | - | - | - | - | - |
| | Senior | 5k | 16 December 2023 | Tavy 5 | 00:24:50 | 60% | Bronze Star |
| Emelia Steel | | 10k | - | - | - | - | - |
| Elliella Steel | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 01:53:56 | 58% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 November 2023 | Tavy 5 | 00:18:42 | 79% | Gold Star |
| | Senior | 10k | - | - | - | - | - |
| Emma Ryder | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | _ | - |
| Emma | | 10k | - | - | _ | - | _ |
| Webber | F40 | 10 miles | - | - | - | - | - |
| 23.3 | | Half Marathon | 01 October 2023 | Cardiff Half Marathon | 02:00:51 | 56% | Bronze Star |
| | | Marathon | 02 April 2023 | Brighton Marathon | 04:13:11 | 56% | Bronze Star |
| | | 1 mile | - | - | - | - | - |
| | | 5k | _ | | - | _ | _ |
| | | 10k | - 07 April 2023 | Exeter Fast Friday 10k | 00:47:33 | 68% | Silver Star |
| Emma White | F45 | 10 miles | | - | - | - | - |
| | | Half Marathon | - | <u> </u> | | | _ |
| | | Marathon | - | <u>-</u> | - | - | <u>-</u> |
| | | ivididili()() | - | - | | | - |

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|--------------|--------|---------------|--------------------|-------------------------|------------|-----|--------------|
| | | 1 mile | - | | - | - | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:21:48 | 68% | Silver Star |
| Freya Page | Senior | 10k | - | <u>-</u> | - | - | - |
| | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | <u>-</u> | - | - | - |
| | | Marathon | - | <u>-</u> | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 19 August 2023 | Tavy 5 | 00:44:50 | 40% | Commendation |
| Geri Cousins | F55 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:35:59 | 57% | Bronze Star |
| Gill Turcan | F65 | 10k | - | - | - | - | - |
| Gill Turcuit | 103 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 19 August 2023 | Tavy 5 | 00:34:55 | 42% | Commendation |
| Grace | Senior | 10k | - | - | - | - | - |
| Baldwin | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:18:08 | 75% | Gold Star |
| Cuant Hamia. | M40 | 10k | 27 May 2023 | lvybridge 10k | 00:38:02 | 75% | Gold |
| Grant Harvey | | 10 miles | 12 March 2023 | Granite Way 10 | 01:03:13 | 74% | Gold |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 01:22:05 | 75% | Gold Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:20:33 | 72% | Gold |
| Hannah | Senior | 10k | - | - | - | - | - |
| Smith | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Hannah | Senior | 10k | 22 July 2023 | Cornwood 10k | 00:47:29 | 64% | Silver |
| Walker | Female | | - | - | - | - | - |
| | | Half Marathon | - | - | _ | - | - |
| | | Marathon | - | - | _ | - | - |
| | | 1 mile | _ | <u> </u> | _ | _ | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:20:43 | 74% | Gold |
| Hannah | | 10k | 08 January 2023 | Exeter First Chance 10k | 00:42:24 | 74% | Gold |
| Worth | F40 | 10 miles | | | | - | - |
| ************ | | Half Marathon | - 05 March 2023 | Bideford Half Marathon | 01:32:26 | 74% | Gold |
| | | Marathon | - Iviai Cii 2023 | | - 01.32.20 | 74% | Gold - |
| | | iviaiatiiUII | - | - | 1 - | _ | _ |

| | | 1 mile | _ | _ | _ | _ | _ |
|---------------|--------|---------------|--------------------------------|--------------------------|------------|--------|--------------|
| | | 5k | - | - | - | - | - |
| Hayden | Senior | 10k | 16 April 2022 | Newport 10k | 00:36:07 | 74% | Gold |
| Bond | Male | 10 miles | 16 April 2023 12 March 2023 | Granite Way 10 | 01:01:37 | 74% | Gold |
| Bond | iviale | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:01:57 | 75% | Gold |
| | | Marathon | US IVIAICII 2023 | Bidelola Hall Maratiloli | 01.16.56 | 75% | - Gold |
| | | 1 mile | - | <u>-</u> | - | - | - |
| | | 5k | - 18 February 2023 | Tavy 5 | 00:28:01 | 60% | Bronze Star |
| | | 10k | 16 February 2025 | lavy 5 | - | - | BIOIIZE Stai |
| Hazel Walker | F50 | 10 miles | | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | | - | - | - | - |
| | | | - | - | - | | - |
| | | 1 mile | - 20 May 2022 | Точи Г | - 00.26.50 | 710/ | - Cald |
| Helen Kula- | | 5k | 20 May 2023 | Tavy 5 | 00:26:59 | 71% | Gold |
| | F60 | 10k | 05 February 2023 | Newquay 10k | 00:54:45 | 72% | Gold |
| Przezwanski | | 10 miles | - 05 Marrah 2022 | Pidefeed Helf Menether | - 02:00:46 | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:00:46 | 70% | Gold |
| | | Marathon | 23 April 2023 | The London Marathon | 04:40:04 | 66% | Silver Star |
| | | 1 mile | - 10.14 1.2022 | - | - | - 740/ | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:21:30 | 74% | Gold |
| Helen Orme | F45 | 10k | 08 January 2023 | Exeter First Chance 10k | 00:44:14 | 74% | Gold |
| | | 10 miles | 12 March 2023 | Granite Way 10 | 01:13:40 | 72% | Gold |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:37:59 | 72% | Gold |
| | | Marathon | - | • | - | - | - |
| | Conior | 1 mile | - | | - | - | - |
| | | 5k | 15 April 2023 | Tavy 5 | 00:25:01 | 59% | Bronze Star |
| Hollie Firth | Senior | 10k | - | - | - | - | - |
| | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Ian Collacott | M40 | 10k | 07 May 2023 | Bideford 10k | 00:39:50 | 71% | Gold |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 28 May 2023 | Edinburgh Half Marathon | 01:28:34 | 70% | Silver Star |
| | | Marathon | 29 October 2023 | Dublin Marathon | 03:37:02 | 59% | Bronze Star |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 20 May 2023 | Tavy 5 | 00:20:15 | 70% | Gold |
| lan Duffin | M45 | 10k | - | - | - | - | - |
| | | 10 miles | - | · | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| lan Jones | M70 | 10k | - | - | - | - | - |
| | , | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | • | Marathon | 23 April 2023 | The London Marathon | 04:34:36 | 62% | Silver |

| | | 1 mile | | | | | |
|----------------|----------|---------------|-----------------------|-----------------------------|------------|-----------|--------------|
| | | 1 mile | - 16 December 2023 | - | - 00:40:22 | 720/ | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:19:23 | 73% | Gold |
| lan Trice | M45 | 10k | - | - | - | - | - |
| | | 10 miles | | - | - | - | - |
| | | Half Marathon | 07 May 2023 | Saltash Half Marathon | 01:34:32 | 68% | Silver Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | C | 5k | - | - | - | - | - |
| James | Senior | 10k | - | - | - | - | - |
| Armstrong | Male | 10 miles | - | - | - | - | - |
| | | Half Marathon | 01 October 2023 | Cardiff Half Marathon | 01:30:14 | 66% | Silver Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:06:09 | 60% | Silver |
| | | 5k | 16 December 2023 | Tavy 5 | 00:21:31 | 60% | Bronze Star |
| James | Senior | 10k | - | - | - | - | - |
| Crossey | Male | 10 miles | - | - | - | - | 1 |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:19:00 | 78% | Gold Star |
| Jasmine Gray | Senior | 10k | - | - | - | - | - |
| Jasiiiiie Gray | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | ı | ı |
| | | Marathon | - | - | - | - | - |
| | F55 | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:08:15 | 64% | Silver |
| | | 5k | 18 November 2023 | Tavy 5 | 00:28:26 | 63% | Silver |
| Joan Dhilling | | 10k | 03 June 2023 | Burrator 10k | 01:07:32 | 54% | Bronze |
| Jean Phillips | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| | 550 | 10k | - | - | - | - | - |
| Jenny Bryant | F50 | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:40:47 | 74% | Gold |
| | | Marathon | 23 April 2023 | The London Marathon | 03:53:47 | 69% | Silver Star |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 21 October 2023 | Tavy 5 | 00:24:01 | 74% | Gold |
| | | 10k | 07 May 2023 | Bideford 10k | 00:47:28 | 77% | Gold Star |
| Jenny Bryant | F55 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:19:11 | 76% | Gold Star |
| | | Half Marathon | 14 May 2023 | Bristol Half Marathon | 01:45:51 | 75% | Gold Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | _ | - | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:20:45 | 86% | Diamond Star |
| | | 10k | 07 April 2023 | Exeter Fast Friday 10k | 00:20:43 | 85% | Diamond |
| Jenny Jeeves | F55 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:12:52 | 82% | Diamond |
| | | Half Marathon | 06 August 2023 | Indian Queens Half Marathon | 01:12:32 | 82% | Diamond |
| | | Marathon | | | - 01.37.00 | OZ/0 - | - Diamonu |
| | | ividiatilUll | - | <u>-</u> | | | - |

| | | 1 mile | - | - | - | - | - |
|--------------|-----|------------------------|------------------------|-------------------------|----------------|-----|------------------|
| | | 5k | - | - | - | _ | - |
| | | 10k | - | _ | _ | _ | - |
| Joseph Chalk | M45 | 10 miles | - | - | _ | - | - |
| | | Half Marathon | 26 March 2023 | Tavy 13 | 01:44:38 | 61% | Silver |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | | _ | _ | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:27:15 | 70% | Gold |
| | | 10k | 08 January 2023 | Exeter First Chance 10k | 00:57:20 | 68% | Silver Star |
| Kate Rogers | F60 | 10 miles | 12 March 2023 | Granite Way 10 | 01:34:12 | 68% | Silver Star |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | _ | | <u> </u> | _ | _ |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:07:54 | 78% | Gold Star |
| | | 5k | 19 August 2023 | Tavy 5 | 00:26:08 | 79% | Gold Star |
| | | 10k | 03 September 2023 | Bridgewater 10k | 00:58:21 | 72% | Gold |
| Kate Rogers | F65 | 10 miles | | - Bridgewater 10k | - | - | Gold |
| | | Half Marathon | _ | | | | _ |
| | | Marathon | - | <u>-</u> | - | | - |
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:08:59 | 69% | Silver Star |
| | | 5k | 23 July 2023 | 1 Wille Tillle Tillal | - 00.08.39 | - | Silver Star |
| | | 10k | - | - | - | | - |
| Kitty Refson | F65 | 10 miles | - | <u> </u> | - | | - |
| | | Half Marathon | - 05 March 2023 | Bideford Half Marathon | 02:33:31 | | Bronze Star |
| | | | 05 March 2023 - | | 02:33:31 | 60% | Bronze Star |
| | | Marathon 1 mile | - | - | - | - | - |
| | | 5k | - | | - | | - |
| Linda | | 10k | | - | - | - | |
| Millward | F55 | | - | - | - | - | - |
| iviiiwaru | | 10 miles Half Marathon | OF March 2022 | Didefered Helf Marether | - 02:14:00 | - | - Duana Chan |
| | | | 05 March 2023 | Bideford Half Marathon | 02:14:09 | 59% | Bronze Star |
| | | Marathon 1 mile | - 40 Combombon 2022 | 1 Mile Time Trial | - 00.00.40 | | - Silver Star |
| | | | 19 September 2023 | 1 Mile Time Trial | 00:08:40 | 66% | Sliver Star |
| Lindo | | 5k | - | <u> </u> | - | - | - |
| Linda | F60 | 10k | - | - | - | - | - |
| Millward | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | | - | - | | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:26:04 | 64% | Silver |
| Lisa Hall | F50 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 02:10:49 | 57% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Lisa Mabey | F45 | 10k | 20 May 2023 | Muskie Madness | 01:10:01 | 46% | Commendation |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | | - | - | - |
| | | Marathon | 23 April 2023 | The London Marathon | 04:02:22 | 62% | Silver |

| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:07:53 | 59% | Bronze Star |
|--------------------|----------|------------------------|---------------------|-----------------------------|----------|-----|-------------|
| | | 5k | 16 December 2023 | Tavy 5 | 00:27:10 | 58% | Bronze Star |
| | | 10k | - | - | - | - | - |
| Lucy Hann | F45 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:38:21 | 54% | Bronze |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:07:16 | 56% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | <u>-</u> | _ | _ | _ |
| | | 5k | - | - | _ | _ | - |
| Maarit | | 10k | - | - | _ | _ | - |
| Green | F65 | 10 miles | - | - | _ | _ | - |
| 0.00 | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:14:13 | 68% | Silver Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | _ | _ | _ |
| | | 5k | 18 February 2023 | Tavy 5 | 00:19:59 | 74% | Gold |
| | | 10k | 08 January 2023 | Exeter First Chance 10k | 00:41:54 | 73% | Gold |
| Marc Curtis | M50 | 10 miles | - | - | - | - | - |
| | | Half Marathon | | | _ | _ | <u> </u> |
| | Marathon | <u> </u> | <u>-</u> | _ | _ | | |
| | | 1 mile | | <u>-</u> | _ | _ | |
| | | 5k | 21 October 2023 | Tavy 5 | 00:20:23 | 75% | Gold Star |
| | | 10k | 21 October 2023 | lavy 5 | - | 75% | Gold Stal |
| Marc Curtis | M55 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:10:43 | 74% | Gold |
| | | | | | | - | |
| | | Half Marathon | 06 August 2023 - | Indian Queens Half Marathon | 01:35:50 | 73% | Gold |
| | | Marathon | | - | - | - | - |
| | | 1 mile | <u>-</u> | - | - | - | - |
| Marian | | 5k 10k | | Freshor First Charges 101 | | | Cilver |
| Marian Stratton | F60 | | 08 January 2023 | Exeter First Chance 10k | 01:00:31 | 65% | Silver |
| Stratton | | 10 miles Half Marathon | - | - | - | - | - |
| | | | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | | - | - | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:29:27 | 65% | Silver |
| Marion | F60 | 10k | - | - | - | - | - |
| Stratton | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | | - | - | - |
| | | 5k | 15 April 2023 | Tavy 5 | 00:30:12 | 68% | Silver Star |
| Marion | F65 | 10k | 07 May 2023 | Bideford 10k | 00:58:55 | 72% | Gold |
| Stratton | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:22:50 | 65% | Silver |
| Mark Orme | M50 | 10k | 07 April 2023 | Exeter Fast Friday 10k | 00:49:29 | 62% | Silver |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | | - | - | - |

| | | 1 mile | | | | | |
|---------------|------------------|--------------------|--------------------------------------|----------------------------------|----------------------|------------|----------------------|
| | | | - | - | - | - | - |
| | 5k 10k | 40 Danamhan 2022 | - T-15 | - 00.27.57 | - 040/ | - D: | |
| Mark West | M50 | 10 miles | 10 December 2023 05 November 2023 | Telford 10k Bideford 10 miler | 00:37:57 01:04:21 | 81% 78% | Diamond Gold Star |
| | | Half Marathon | | | | | |
| | | | 22 January 2023 | Farnborough Half Marathon | 01:25:01 | 79% | Gold Star |
| | | Marathon 1 mile | 23 April 2023 | The London Marathon | 03:03:24 | 76% | Gold Star |
| | | 5k | - | - | - | - | - |
| Matthew | | 10k | - | - | - | | - |
| | M55 | 10 miles | - | - | _ | | |
| Sweeney | | | | - Did of and Holf Manathan | | - | - Cton |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:00:25 | 58% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| NA a t t la a | | 5k | - | <u>-</u> | - | - | - |
| Matthew | M50 | 10k | - | - | - | - | - |
| Sweeney | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 07 May 2023 | Saltash Half Marathon | 02:23:10 | 47% | Commendation |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Michael | Senior | 10k | 03 June 2023 | Burrator 10k | 00:39:29 | 68% | Silver Star |
| Greenacre | Male | 10 miles | - | - | - | - | - |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 01:25:19 | 69% | Silver Star |
| | | Marathon | - | - | - | - | - |
| | Senior Female | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:07:10 | 59% | Bronze Star |
| | | 5k | - | - | - | - | - |
| Miri Crossey | | 10k | - | - | - | - | - |
| , | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Molly | Senior | 10k | - | - | - | - | - |
| Bytheway | Female | 10 miles | 15 October 2023 | Great South Run | 01:20:19 | 62% | Silver |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 November 2023 | Tavy 5 | 00:34:44 | 44% | Commendation |
| Morwenna | F40 | 10k | - | - | - | - | - |
| Tregellas | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | 1 |
| | | Marathon | - | • | - | - | - |
| | | 1 mile | - | - | - | - | - |
| Naoka | | 5k | 18 November 2023 | Tavy 5 | 00:34:44 | 46% | Commendation |
| Yoshihara- | F45 | 10k | - | - | - | - | - |
| Coles | | 10 miles | - | - | - | - | - |
| 30.03 | | Half Marathon | _ | - | - | - | - |
| | | Marathon | | | | | |

| | | 1 mile | | | | | |
|-------------------|--------|-----------------|-------------------|----------------------------------|--|-----|--------------|
| | | 5k | 16 September 2023 | Tavy 5 | 00:36:50 | 44% | Commendation |
| | | 10k | 16 September 2025 | 1 avy 5 | 00.36.30 | - | Commendation |
| Nick Parsons | M60 | 10 miles | - | - | | | - |
| | | Half Marathon | - | - | - | | _ |
| | | Marathon | - | - | + - | | _ |
| | | 1 mile | - | - | _ | | - |
| | | 5k | - | - | - | - | - |
| Niclay | | 10k | - 07 May 2022 | Bideford 10k | | | Cilver Cter |
| Nicky | F45 | 10 miles | 07 May 2023 - | відетога ток | 00:49:07 | 66% | Silver Star |
| Maguire | | | | Dideferral Helf Mercether | | - | |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:48:48 | 65% | Silver |
| | | Marathon | 23 April 2023 | The London Marathon | 03:59:28 | 63% | Silver |
| | | 1 mile | - | | - | - | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:25:07 | 67% | Silver Star |
| Nicole | F50 | 10k | - | - | - | - | - |
| Heryet | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:08:44 | 70% | Gold |
| | | 5k | - | - | - | - | - |
| Nicolette | F65 | 10k | - | - | - | - | - |
| Overy | '05 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | Senior | 5k | 18 February 2023 | Tavy 5 | 00:17:55 | 83% | Diamond |
| Nikki Kelly | | 10k | 07 May 2023 | Bideford 10k | 00:35:55 | 84% | Diamond |
| MIKKI KEIIY | Female | 10 miles | 05 November 2023 | Bideford 10 miler | 01:01:46 | 80% | Diamond |
| | | Half Marathon | 11 June 2023 | Swansea Half Marathon | 01:18:23 | 84% | Diamond |
| | | Marathon | - | - | - | ı | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:18:56 | 68% | Silver Star |
| Neck Doid | Senior | 10k | - | - | - | - | - |
| Noah Reid | Male | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Paul | | 10k | 15 January 2023 | Plympton January Jaunt | 00:47:56 | 64% | Silver |
| Waldron | M50 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | _ | _ |
| | | Marathon | - | | - | - | - |
| | | 1 mile | - | - | _ | - | - |
| | | 5k | _ | - | _ | _ | - |
| | | | | | + | | |
| Paula | | | _ | - | _ | - | _ |
| Paula Lawrence | F45 | 10k | - | <u> </u> | - | - | - |
| Paula Lawrence | F45 | 10k 10 miles | - | - | - | - | - |
| | F45 | 10k | | - - Bideford Half Marathon | - | | |

| | | 1 mile | 25 July 2022 | 1 Mile Time Trial | 00:08:40 | 66% | Silver Star |
|--------------|--------|-------------------|-------------------|------------------------|--|-----|-------------|
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:08:40 | 00% | Sliver Star |
| | | 5k | - | - | - | - | - |
| Penny Taylor | F60 | 10k | - | | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | <u> </u> | - | - | - |
| | | 1 mile | - | | - | - | - |
| | | 5k | 20 May 2023 | Tavy 5 | 00:24:37 | 68% | Silver Star |
| Peter Bazley | M65 | 10k | 27 May 2023 | Ivybridge 10k | 00:51:48 | 67% | Silver Star |
| ŕ | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:58:45 | 65% | Silver |
| | | Marathon | 16 April 2023 | Newport Marathon | 04:41:58 | 57% | Bronze Star |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:25:05 | 63% | Silver |
| Rachel Jones | F45 | 10k | - | <u>-</u> | - | - | - |
| nacher somes | 5 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| Reuben | | 5k | 16 December 2023 | Tavy 5 | 00:17:51 | 72% | Gold |
| Sebag- | Senior | 10k | - | - | - | - | 1 |
| Montefiore | Male | 10 miles | - | - | - | - | 1 |
| Widitellore | | Half Marathon | - | - | - | - | 1 |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | M50 | 5k | - | - | - | - | - |
| Richard | | 10k | 15 January 2023 | Plympton January Jaunt | 00:58:40 | 52% | Bronze |
| Nettleship | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 02:03:43 | 54% | Bronze |
| | | Marathon | 23 April 2023 | The London Marathon | 04:34:28 | 51% | Bronze |
| | . 455 | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Richard | | 10k | - | - | - | - | - |
| Nettleship | M55 | 10 miles | - | - | - | - | - |
| • | | Half Marathon | 01 October 2023 | Cardiff Half Marathon | 02:19:41 | 50% | Bronze |
| | | Marathon | 15 October 2023 | Yorkshire Marathon | 04:45:24 | 51% | Bronze |
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:09:02 | 56% | Bronze Star |
| | | 5k | 18 November 2023 | Tavy 5 | 00:34:00 | 52% | Bronze |
| Richard | | 10k | - | - - | - | - | - |
| Paine | M70 | 10 miles | - | - | - | - | _ |
| | | Half Marathon | - | - | _ | - | - |
| | | Marathon | - | - | _ | - | - |
| | | 1 mile | - | - | _ | _ | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:18:46 | 69% | Silver Star |
| | Senior | 10k | - | - | - | - | - |
| Rob Jinman | Male | 10 miles | <u> </u> | <u> </u> | | _ | |
| | IVIGIE | Half Marathon | - | <u>-</u> | - | - | - |
| | | Marathon | _ | <u>-</u> | | - | <u> </u> |
| | | ı ıvıdı atılUll l | - | - | 1 - | - | - |

| | | 4 | | | | | |
|---------------|----------------|---------------|-------------------|-------------------------|----------|-----|-------------|
| | | 1 mile | - | - | - | - | - |
| Dalam Addi | | 5k | - | <u>-</u> | - | - | - |
| Robert Mills- | M55 | 10k | - | - | - | - | - |
| Hicks | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:12:19 | 53% | Bronze |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | | - | - | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:26:32 | 56% | Bronze Star |
| Robyn | Senior | 10k | - | - | - | - | - |
| Summers | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:22:11 | 58% | Bronze Star |
| Ruben | Senior | 10k | - | - | - | - | - |
| Gaxnfield | Male | 10 miles | - | <u>-</u> | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | Senior Male | 5k | - | - | - | - | - |
| Sam Hortopp | | 10k | - | - | - | - | - |
| Sain Hortopp | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 01 October 2023 | Cardiff Half Marathon | 01:50:18 | 54% | Bronze |
| | | Marathon | 23 April 2023 | The London Marathon | 03:28:56 | 60% | Bronze Star |
| | Senior | 1 mile | - | - | - | ı | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:16:04 | 80% | Diamond |
| Sam | | 10k | 08 January 2023 | Exeter First Chance 10k | 00:33:26 | 80% | Diamond |
| Larkham | Male | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 01:12:42 | 81% | Diamond |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:16:15 | 84% | Diamond |
| Sam | N440 | 10k | - | - | - | - | - |
| Larkham | M40 | 10 miles | 05 November 2023 | Bideford 10 miler | 00:55:12 | 84% | Diamond |
| | | Half Marathon | 15 October 2023 | Bath Half Marathon | 01:13:40 | 84% | Diamond |
| | | Marathon | 23 April 2023 | The London Marathon | 02:37:54 | 81% | Diamond |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Sam | Senior Male | 10k | 07 May 2023 | Bideford 10k | 00:50:21 | 53% | Bronze |
| Sharland | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 April 2023 | Run Exe 5k | 00:18:59 | 81% | Diamond |
| Samantha | | 10k | 07 April 2023 | Exeter Fast Friday 10k | 00:40:55 | 77% | Gold Star |
| Lake | F40 | 10 miles | - | - | - | - | - |
| | | Half Marathon | 21 May 2023 | Chester Half Marathon | 01:27:20 | 78% | Gold Star |
| | | Marathon | | - | - | - | - |
| | | Maration | | | ļ | | |

| | | 1 mile | | | | | |
|--------------|----------|---------------|-------------------|-------------------------|----------|-----|--------------|
| | | 1 mile | - | <u>-</u> | - | - | - |
| Communal | Comina | 5k | - 2022 | - | | - | - |
| Samuel | Senior | 10k | 03 June 2023 | Burrator 10k | 00:51:22 | 52% | Bronze |
| Sharland | Male | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| Canala | | 5k | - | - | | - | - |
| Sarah | F45 | 10k | 20 May 2023 | Muskie Madness | 00:59:39 | 55% | Bronze |
| Holland | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:37:26 | 45% | Commendation |
| Sarah Doidge | F50 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:06:46 | 69% | Silver Star |
| | | 5k | 16 September 2023 | Tavy 5 | 00:23:18 | 68% | Silver Star |
| Sarah | F45 | 10k | 08 January 2023 | Exeter First Chance 10k | 00:51:01 | 64% | Silver |
| Holland | | 10 miles | 26 February 2023 | Looe 10 miler | 01:36:46 | 55% | Bronze Star |
| | | Half Marathon | 07 May 2023 | Geneva Half Marathon | 01:55:43 | 61% | Silver |
| | | Marathon | - | - | - | - | - |
| | F50 | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Sarah Prior | | 10k | - | - | - | - | - |
| Saraniinoi | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 02:17:20 | 54% | Bronze |
| | | Marathon | 02 April 2023 | Brighton Marathon | 04:41:21 | 57% | Bronze Star |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:08:18 | 56% | Bronze Star |
| | | 5k | 16 December 2023 | Tavy 5 | 00:26:36 | 60% | Bronze Star |
| Sarah | F45 | 10k | - | - | - | - | - |
| Swinburne | 143 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:35:14 | 56% | Bronze Star |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 02:05:47 | 56% | Bronze Star |
| | | Marathon | - | ı | - | - | - |
| | | 1 mile | - | 1 | - | • | - |
| | | 5k | 18 February 2023 | Tavy 5 | 00:25:02 | 61% | Silver |
| Carab Turnar | F40 | 10k | - | - | - | - | - |
| Sarah Turner | F40 | 10 miles | 12 March 2023 | Granite Way 10 | 01:27:22 | 59% | Bronze Star |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 01:56:47 | 58% | Bronze Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | • | - | - | - |
| | | 5k | 15 April 2023 | Tavy 5 | 00:34:55 | 44% | Commendation |
| Sarah | F 4 0 | 10k | - | - - | - | - | - |
| Walton | F40 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | <u> </u> | | | | 1 | | |

| | | 1 mile | 10 Contambor 2022 | 1 Mile Time Trial | 00:08:46 | 53% | Dranza |
|---------------|--------|---------------|-------------------|------------------------|----------|-----|--------------|
| | | | 19 September 2023 | | _ | | Bronze |
| Carab | | 5k | 16 December 2023 | Tavy 5 | 00:30:20 | 52% | Bronze |
| Sarah | F45 | 10k | - | - | - | - | - |
| Walton | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:06:41 | 61% | Silver |
| C. | | 5k | - | - | - | - | - |
| Shane | M45 | 10k | - | - | - | - | - |
| Merrick | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 16 December 2023 | Tavy 5 | 00:22:38 | 70% | Gold |
| Soozie Trice | F45 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | 07 May 2023 | Saltash Half Marathon | 01:46:19 | 66% | Silver Star |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | - | - | - | - | - |
| Stephanie | Senior | 10k | - | - | - | - | - |
| Wiltshire | Female | 10 miles | - | - | - | - | - |
| | | Half Marathon | 05 March 2023 | Bideford Half Marathon | 02:00:23 | 55% | Bronze |
| | | Marathon | - | - | - | - | - |
| | M50 | 1 mile | - | - | - | - | - |
| | | 5k | 17 June 2023 | Tavy 5 | 00:22:43 | 65% | Silver |
| Steve Cox | | 10k | - | - | - | - | - |
| Steve Cox | IVISO | 10 miles | - | - | - | - | - |
| | 560 | Half Marathon | 26 March 2023 | Tavy 13 | 01:46:05 | 63% | Silver |
| | | Marathon | - | - | - | 1 | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:11:51 | 48% | Commendation |
| | | 5k | - | - | - | - | - |
| Sue Jarman | | 10k | - | - | - | - | - |
| Sue Jailliail | F60 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:09:09 | 58% | Bronze Star |
| | | 5k | - | - | - | - | - |
| Susannah | | 10k | - | - | - | - | - |
| Harley | F55 | 10 miles | - | - | - | - | - |
| , | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:09:58 | 47% | Commendation |
| | | 5k | - | - | - | - | - |
| | | 10k | - | - | - | - | - |
| Tania Clark | F45 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | _ | - |
| | | Marathon | - | - | _ | _ | - |
| | ļ | 17141411011 | | | | i | |

| | | 1 mile | 19 September 2023 | 1 Mile Time Trial | 00:09:37 | 64% | Silver |
|-----------------------|-------|---------------|------------------------------|---------------------------------------|----------------|-----|--------------|
| | | 5k | 16 December 2023 | Tavy 5 | 00:30:00 | 69% | Silver Star |
| Thelma | | 10k | 03 June 2023 | Burrator 10k | 01:06:30 | 63% | Silver |
| Turner | F65 | 10 miles | - | - | | - | Silvei |
| rurrier | | Half Marathon | _ | | | | _ |
| | | Marathon | - | | - | | - |
| | | 1 mile | _ | <u>-</u> | - | | - |
| | | 5k | - 16 December 2023 | Tavy 5 | 00:39:42 | 34% | Commendation |
| Thomas | | 10k | - | - | - | - | Commendation |
| Brogden | M40 | 10 miles | - | | - | | - |
| brogueri | | Half Marathon | - | - | - | - | - |
| | | | - | - | - | | |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - 466 + 1 2022 | | | - | - |
| | | 5k | 16 September 2023 | Tavy 5 | 00:24:28 | 60% | Silver |
| Tim Haimes | M50 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 19 August 2023 | Tavy 5 | 00:37:25 | 51% | Bronze |
| Tish Valva | F60 | 10k | - | - | - | - | - |
| | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | <u>-</u> | - | - | - |
| | | Marathon | - | <u>-</u> | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | F55 | 5k | 14 June 2023 | Armada 5k | 00:27:57 | 64% | Silver |
| Tracey | | 10k | 03 September 2023 | Bridgewater 10k | 00:56:39 | 65% | Silver |
| Oxborough | | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | <u>-</u> | - | - | - |
| | | Marathon | - | <u>-</u> | - | - | - |
| | | 1 mile | - | - | - | - | - |
| | | 5k | 18 March 2023 | Tavy 5 | 00:35:48 | 47% | Commendation |
| Trevor Grigg | M65 | 10k | 30 June 2023 | Exeter 10k River Run | 01:17:01 | 45% | Commendation |
| Trevor Grigg | 14103 | 10 miles | - | - | - | - | - |
| | | Half Marathon | - | - | - | - | - |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | 25 July 2023 | 1 Mile Time Trial | 00:08:39 | 77% | Gold Star |
| | | 5k | 16 December 2023 | Tavy 5 | 00:29:58 | 74% | Gold |
| Val Evans | F70 | 10k | 06 August 2023 | York 10k | 01:00:33 | 75% | Gold Star |
| Val Evalis | F70 | 10 miles | 05 November 2023 | Bideford 10 miler | 01:40:06 | 75% | Gold |
| | | Half Marathon | 14 May 2023 | Plymouth Half Marathon | 02:18:43 | 71% | Gold |
| | | Marathon | - | - | - | - | - |
| | | 1 mile | - | <u> </u> | - | - | - |
| | | I IIIIIE | | | | | Ι |
| | | 5k | - | - | - | - | - |
| Will Walker- | NACE | | - | - | - | - | - |
| Will Walker- Smith | M65 | 5k | - - - | - - - | + | | |
| | M65 | 5k 10k | - - - 05 March 2023 | - - - Bideford Half Marathon | - | - | |