



CLUB AWARDS SCHEME

RECOGNITION
CELEBRATION
INSPIRATION

2023 Individual Awards

Name	Age Cat	Distance	Date	Event	Time	Age Grade	Award
Adam 'Tango' Holland	Senior Male	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:16:09	80%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Alison Bigham	F40	1 mile	-	-	-	-	-
		5k	19 August 2023	Tavy 5	00:26:11	58%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Alistair Peers	M40	1 mile	-	-	-	-	-
		5k	21 October 2023	Tavy 5	00:19:45	69%	Silver Star
		10k	08 January 2023	Exeter First Chance 10k	00:38:30	74%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Allan Herdman	M70	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
		10k	07 April 2023	Exeter Fast Friday 10k	00:43:30	84%	Diamond
		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	-	-	-	-	-
Amanda Warnett	F60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 October 2023	Tamar 10k	00:56:18	70%	Silver Star
		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
Andrew Houghton	M75	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
		10k	08 January 2023	Exeter First Chance 10k	01:22:24	48%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	03:03:37	47%	Commendation
		Marathon	-	-	-	-	-

Andrew Millward	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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	-	-	-	-	-
Andy Hughes	M65	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
		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	-	-	-	-	-
Ann Fitzsimmons	F70	1 mile	-	-	-	-	-
		5k	17 June 2023	Tavy 5	00:35:08	63%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ann Ruddock	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:25:25	55%	Bronze
		Marathon	-	-	-	-	-
Ann Ruddock	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
		10k	03 June 2023	Burrator 10k	01:07:34	58%	Bronze Star
		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	-	-	-	-	-
Anna Kelly	Senior Female	1 mile	-	-	-	-	-
		5k	15 April 2023	Tavy 5	00:26:58	55%	Bronze
		10k	07 May 2023	Bideford 10k	00:56:24	54%	Bronze
		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	-	-	-	-	-
Anna Luff	F35	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	20 May 2023	Muskie Madness	01:04:22	48%	Commendation
		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	-	-	-	-	-
Annette Smith	F70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	14 May 2023	Plymouth 10k	01:05:53	69%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Anthony Shearer	M70	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
		10k	07 May 2023	Bideford 10k	00:52:22	70%	Gold
		10 miles	05 November 2023	Bideford 10 miler	01:27:21	69%	Silver Star
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Anyia McAulay	Senior Female	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:24:27	61%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ben Neale	Senior Male	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:15:19	84%	Diamond
		10k	16 April 2023	Newport 10k	00:31:49	84%	Diamond
		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	-	-	-	-	-
Carlos Castillo	M50	1 mile	-	-	-	-	-
		5k	04 July 2023	Run Exe 5k	00:22:24	66%	Silver Star
		10k	08 January 2023	Exeter First Chance 10k	00:47:41	64%	Silver
		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	-	-	-	-	-
Carole Walters	F60	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
		10k	07 May 2023	Bideford 10k	00:48:12	81%	Diamond
		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	-	-	-	-	-
Caroline Steven	F55	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
		10k	03 September 2023	Bridgewater 10k	00:43:33	84%	Diamond
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Charlotte Doney	Senior Female	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:25:37	58%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Charlotte Walker	Senior Female	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:20:35	72%	Gold
		10k	22 July 2023	Cornwood 10k	00:40:51	74%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Claire Duffin	F50	1 mile	-	-	-	-	-
		5k	15 April 2023	Tavy 5	00:26:24	64%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Claire Lemasurier	F40	1 mile	-	-	-	-	-
		5k	18 November 2023	Tavy 5	00:39:27	39%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Claire White	F40	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
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Clara Bowles	Senior Female	1 mile	-	-	-	-	-
		5k	18 April 2023	Run Exe 5k	00:24:41	60%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Connor Duffin	Senior Male	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:18:57	68%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Corin Russell	Senior Male	1 mile	-	-	-	-	-
		5k	21 October 2023	Tavy 5	00:19:03	68%	Silver Star
		10k	10 December 2023	Telford 10k	00:38:25	70%	Silver Star
		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	-	-	-	-	-
Cynthia Squance	F60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	14 May 2023	Plymouth 10k	01:08:38	57%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Danielle James	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	14 May 2023	Plymouth Half Marathon	02:29:47	45%	Commendation
		Marathon	02 April 2023	Brighton Marathon	05:05:14	47%	Commendation

Darren Fisher	M50	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
		10k	14 May 2023	Plymouth 10k	01:10:20	44%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Darren Fisher	M55	1 mile	19 September 2023	1 Mile Time Trial	00:09:35	46%	Commendation
		5k	16 September 2023	Tavy 5	00:33:50	45%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
David Fairbairn	M60	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:25:10	64%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
David Harris	M55	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:20:15	76%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
David Harris	M60	1 mile	-	-	-	-	-
		5k	20 May 2023	Tavy 5	00:20:36	78%	Gold Star
		10k	27 May 2023	Ivybridge 10k	00:42:14	79%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
David Twine	M65	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:24:15	69%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Dene Medland	F60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 January 2023	Exeter First Chance 10k	01:12:49	54%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	23 April 2023	The London Marathon	05:09:21	60%	Bronze Star
Diane Reardon	F65	1 mile	-	-	-	-	-
		5k	18 November 2023	Tavy 5	00:46:22	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Donna Stacey	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	20 May 2023	Muskie Madness	01:09:52	49%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Duncan Tilney	M45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	14 May 2023	Plymouth Half Marathon	01:55:28	56%	Bronze Star
		Marathon	-	-	-	-	-
Edward Fileman	Senior Male	1 mile	-	-	-	-	-
		5k	15 April 2023	Tavy 5	00:23:39	55%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Edward Horn	Senior Male	1 mile	-	-	-	-	-
		5k	20 May 2023	Tavy 5	00:18:51	68%	Silver Star
		10k	-	-	-	-	-
		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
Emelia Steel	Senior Female	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:24:50	60%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	14 May 2023	Plymouth Half Marathon	01:53:56	58%	Bronze Star
		Marathon	-	-	-	-	-
Emma Ryder	Senior Female	1 mile	-	-	-	-	-
		5k	18 November 2023	Tavy 5	00:18:42	79%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Emma Webber	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		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
Emma White	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	07 April 2023	Exeter Fast Friday 10k	00:47:33	68%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Freya Page	Senior Female	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:21:48	68%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Geri Cousins	F55	1 mile	-	-	-	-	-
		5k	19 August 2023	Tavy 5	00:44:50	40%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Gill Turcan	F65	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:35:59	57%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Grace Baldwin	Senior Female	1 mile	-	-	-	-	-
		5k	19 August 2023	Tavy 5	00:34:55	42%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Grant Harvey	M40	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:18:08	75%	Gold Star
		10k	27 May 2023	Ivybridge 10k	00:38:02	75%	Gold
		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	-	-	-	-	-
Hannah Smith	Senior Female	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:20:33	72%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hannah Walker	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	22 July 2023	Cornwood 10k	00:47:29	64%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hannah Worth	F40	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:20:43	74%	Gold
		10k	08 January 2023	Exeter First Chance 10k	00:42:24	74%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	01:32:26	74%	Gold
		Marathon	-	-	-	-	-

Hayden Bond	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	16 April 2023	Newport 10k	00:36:07	74%	Gold
		10 miles	12 March 2023	Granite Way 10	01:01:37	72%	Gold
		Half Marathon	05 March 2023	Bideford Half Marathon	01:18:58	75%	Gold
		Marathon	-	-	-	-	-
Hazel Walker	F50	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:28:01	60%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Helen Kula-Przewanski	F60	1 mile	-	-	-	-	-
		5k	20 May 2023	Tavy 5	00:26:59	71%	Gold
		10k	05 February 2023	Newquay 10k	00:54:45	72%	Gold
		10 miles	-	-	-	-	-
		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
Helen Orme	F45	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:21:30	74%	Gold
		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	-	-	-	-	-
Hollie Firth	Senior Female	1 mile	-	-	-	-	-
		5k	15 April 2023	Tavy 5	00:25:01	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ian Collacott	M40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		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
Ian Duffin	M45	1 mile	-	-	-	-	-
		5k	20 May 2023	Tavy 5	00:20:15	70%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ian Jones	M70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	23 April 2023	The London Marathon	04:34:36	62%	Silver

Ian Trice	M45	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:19:23	73%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	07 May 2023	Saltash Half Marathon	01:34:32	68%	Silver Star
		Marathon	-	-	-	-	-
James Armstrong	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	01 October 2023	Cardiff Half Marathon	01:30:14	66%	Silver Star
		Marathon	-	-	-	-	-
James Crossey	Senior Male	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
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jasmine Gray	Senior Female	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:19:00	78%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jean Phillips	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
		10k	03 June 2023	Burrator 10k	01:07:32	54%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jenny Bryant	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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
Jenny Bryant	F55	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
		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	-	-	-	-	-
Jenny Jeeves	F55	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:20:45	86%	Diamond Star
		10k	07 April 2023	Exeter Fast Friday 10k	00:43:07	85%	Diamond
		10 miles	05 November 2023	Bideford 10 miler	01:12:52	82%	Diamond
		Half Marathon	06 August 2023	Indian Queens Half Marathon	01:37:06	82%	Diamond
		Marathon	-	-	-	-	-

Joseph Chalk	M45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	26 March 2023	Tavy 13	01:44:38	61%	Silver
		Marathon	-	-	-	-	-
Kate Rogers	F60	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
		10 miles	12 March 2023	Granite Way 10	01:34:12	68%	Silver Star
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Kate Rogers	F65	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
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Kitty Refson	F65	1 mile	25 July 2023	1 Mile Time Trial	00:08:59	69%	Silver Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:33:31	60%	Bronze Star
		Marathon	-	-	-	-	-
Linda Millward	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:14:09	59%	Bronze Star
		Marathon	-	-	-	-	-
Linda Millward	F60	1 mile	19 September 2023	1 Mile Time Trial	00:08:40	66%	Silver Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lisa Hall	F50	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:26:04	64%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	14 May 2023	Plymouth Half Marathon	02:10:49	57%	Bronze Star
		Marathon	-	-	-	-	-
Lisa Mabey	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		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

Lucy Hann	F45	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	-	-	-	-	-
		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	-	-	-	-	-
Maarit Green	F65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:14:13	68%	Silver Star
		Marathon	-	-	-	-	-
Marc Curtis	M50	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
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Marc Curtis	M55	1 mile	-	-	-	-	-
		5k	21 October 2023	Tavy 5	00:20:23	75%	Gold Star
		10k	-	-	-	-	-
		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	-	-	-	-	-
Marian Stratton	F60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	08 January 2023	Exeter First Chance 10k	01:00:31	65%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Marion Stratton	F60	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:29:27	65%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Marion Stratton	F65	1 mile	-	-	-	-	-
		5k	15 April 2023	Tavy 5	00:30:12	68%	Silver Star
		10k	07 May 2023	Bideford 10k	00:58:55	72%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Mark Orme	M50	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:22:50	65%	Silver
		10k	07 April 2023	Exeter Fast Friday 10k	00:49:29	62%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Mark West	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	10 December 2023	Telford 10k	00:37:57	81%	Diamond
		10 miles	05 November 2023	Bideford 10 miler	01:04:21	78%	Gold Star
		Half Marathon	22 January 2023	Farnborough Half Marathon	01:25:01	79%	Gold Star
		Marathon	23 April 2023	The London Marathon	03:03:24	76%	Gold Star
Matthew Sweeney	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:00:25	58%	Bronze Star
		Marathon	-	-	-	-	-
Matthew Sweeney	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	07 May 2023	Saltash Half Marathon	02:23:10	47%	Commendation
		Marathon	-	-	-	-	-
Michael Greenacre	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	03 June 2023	Burrator 10k	00:39:29	68%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	14 May 2023	Plymouth Half Marathon	01:25:19	69%	Silver Star
		Marathon	-	-	-	-	-
Miri Crossey	Senior Female	1 mile	19 September 2023	1 Mile Time Trial	00:07:10	59%	Bronze Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Molly Bytheway	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	15 October 2023	Great South Run	01:20:19	62%	Silver
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Morwenna Tregellas	F40	1 mile	-	-	-	-	-
		5k	18 November 2023	Tavy 5	00:34:44	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Naoka Yoshihara-Coles	F45	1 mile	-	-	-	-	-
		5k	18 November 2023	Tavy 5	00:34:44	46%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Nick Parsons	M60	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:36:50	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nicky Maguire	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	07 May 2023	Bideford 10k	00:49:07	66%	Silver Star
		10 miles	-	-	-	-	-
		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
Nicole Heryet	F50	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:25:07	67%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nicolette Overy	F65	1 mile	19 September 2023	1 Mile Time Trial	00:08:44	70%	Gold
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nikki Kelly	Senior Female	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:17:55	83%	Diamond
		10k	07 May 2023	Bideford 10k	00:35:55	84%	Diamond
		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	-	-	-	-	-
Noah Reid	Senior Male	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:18:56	68%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Paul Waldron	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	15 January 2023	Plympton January Jaunt	00:47:56	64%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Paula Lawrence	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:16:45	52%	Bronze
		Marathon	-	-	-	-	-

Penny Taylor	F60	1 mile	25 July 2023	1 Mile Time Trial	00:08:40	66%	Silver Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Peter Bazley	M65	1 mile	-	-	-	-	-
		5k	20 May 2023	Tavy 5	00:24:37	68%	Silver Star
		10k	27 May 2023	Ivybridge 10k	00:51:48	67%	Silver Star
		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
Rachel Jones	F45	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:25:05	63%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Reuben Sebag-Montefiore	Senior Male	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:17:51	72%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Richard Nettleship	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	15 January 2023	Plympton January Jaunt	00:58:40	52%	Bronze
		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
Richard Nettleship	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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
Richard Paine	M70	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
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Rob Jinman	Senior Male	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:18:46	69%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Robert Mills-Hicks	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:12:19	53%	Bronze
		Marathon	-	-	-	-	-
Robyn Summers	Senior Female	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:26:32	56%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ruben Gaxnfield	Senior Male	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:22:11	58%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sam Hortopp	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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
Sam Larkham	Senior Male	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:16:04	80%	Diamond
		10k	08 January 2023	Exeter First Chance 10k	00:33:26	80%	Diamond
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	01:12:42	81%	Diamond
		Marathon	-	-	-	-	-
Sam Larkham	M40	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:16:15	84%	Diamond
		10k	-	-	-	-	-
		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
Sam Sharland	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	07 May 2023	Bideford 10k	00:50:21	53%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Samantha Lake	F40	1 mile	-	-	-	-	-
		5k	18 April 2023	Run Exe 5k	00:18:59	81%	Diamond
		10k	07 April 2023	Exeter Fast Friday 10k	00:40:55	77%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	21 May 2023	Chester Half Marathon	01:27:20	78%	Gold Star
		Marathon	-	-	-	-	-

Samuel Sharland	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	03 June 2023	Burrator 10k	00:51:22	52%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Holland	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	20 May 2023	Muskie Madness	00:59:39	55%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Doidge	F50	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:37:26	45%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Holland	F45	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
		10k	08 January 2023	Exeter First Chance 10k	00:51:01	64%	Silver
		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	-	-	-	-	-
Sarah Prior	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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
Sarah Swinburne	F45	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
		10k	-	-	-	-	-
		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	-	-	-	-	-
Sarah Turner	F40	1 mile	-	-	-	-	-
		5k	18 February 2023	Tavy 5	00:25:02	61%	Silver
		10k	-	-	-	-	-
		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	-	-	-	-	-
Sarah Walton	F40	1 mile	-	-	-	-	-
		5k	15 April 2023	Tavy 5	00:34:55	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

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

Thelma Turner	F65	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
		10k	03 June 2023	Burrator 10k	01:06:30	63%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Thomas Brogden	M40	1 mile	-	-	-	-	-
		5k	16 December 2023	Tavy 5	00:39:42	34%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tim Haimes	M50	1 mile	-	-	-	-	-
		5k	16 September 2023	Tavy 5	00:24:28	60%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tish Valva	F60	1 mile	-	-	-	-	-
		5k	19 August 2023	Tavy 5	00:37:25	51%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tracey Oxborough	F55	1 mile	-	-	-	-	-
		5k	14 June 2023	Armada 5k	00:27:57	64%	Silver
		10k	03 September 2023	Bridgewater 10k	00:56:39	65%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Trevor Grigg	M65	1 mile	-	-	-	-	-
		5k	18 March 2023	Tavy 5	00:35:48	47%	Commendation
		10k	30 June 2023	Exeter 10k River Run	01:17:01	45%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Val Evans	F70	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
		10k	06 August 2023	York 10k	01:00:33	75%	Gold Star
		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	-	-	-	-	-
Will Walker-Smith	M65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	05 March 2023	Bideford Half Marathon	02:15:23	57%	Bronze Star
		Marathon	-	-	-	-	-