



# CLUB AWARDS SCHEME

## JANUARY 2024

RECOGNITION  
CELEBRATION  
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
07 January 2024	Ben Neale	Senior Male	Exeter First Chance 10k	0:31:58	84%	10k	Diamond
07 January 2024	Sam Larkham	M40	Exeter First Chance 10k	0:33:51	84%	10k	Diamond
07 January 2024	Corin Russell	Senior Male	Exeter First Chance 10k	0:38:14	70%	10k	Gold
07 January 2024	Allan Herdman	M70	Exeter First Chance 10k	0:44:06	83%	10k	Diamond
07 January 2024	Hannah Worth	F40	Exeter First Chance 10k	0:44:15	71%	10k	Gold
07 January 2024	Sarah Holland	F45	Exeter First Chance 10k	0:51:57	63%	10k	Silver
07 January 2024	Anthony Shearer	M70	Exeter First Chance 10k	0:52:08	70%	10k	Gold
07 January 2024	Tracey Oxborough	F60	Exeter First Chance 10k	0:52:09	75%	10k	Gold Star
07 January 2024	Andy Hughes	M65	Exeter First Chance 10k	0:54:51	64%	10k	Silver
07 January 2024	Jean Phillips	F55	Exeter First Chance 10k	1:02:19	59%	10k	Bronze Star
07 January 2024	Andrew Houghton	M75	Exeter First Chance 10k	1:27:30	45%	10k	Commendation
14 January 2024	Nikki Kelly	Senior Female	Plympton January Jaunt	0:39:01	78%	10k	Gold Star
14 January 2024	Anna Kelly	Senior Female	Plympton January Jaunt	1:03:36	48%	10k	Commendation
14 January 2024	Andrew Houghton	M75	Plympton January Jaunt	1:28:13	45%	10k	Commendation
20 January 2024	Corin Russell	Senior Male	Tavy 5	0:17:51	72%	5k	Gold
20 January 2024	Richard Drage	M65	Tavy 5	0:19:12	87%	5k	Diamond Star
20 January 2024	James Armstrong	M40	Tavy 5	0:19:32	70%	5k	Silver Star
20 January 2024	Alistair Peers	M40	Tavy 5	0:19:51	69%	5k	Silver Star
20 January 2024	David Fairbairn	M60	Tavy 5	0:25:01	64%	5k	Silver
20 January 2024	Nicole Heryet	F50	Tavy 5	0:26:16	64%	5k	Silver
20 January 2024	Peter Bazley	M65	Tavy 5	0:26:37	63%	5k	Silver
20 January 2024	Thelma Turner	F70	Tavy 5	0:30:09	74%	5k	Gold
20 January 2024	Marion Stratton	F65	Tavy 5	0:30:17	68%	5k	Silver Star

20 January 2024	Andrew Houghton	M75	Tavy 5	0:34:30	55%	5k	Bronze	
20 January 2024	Gill Turcan	F65	Tavy 5	0:35:06	59%	5k	Bronze Star	
24 January 2024	Adam Tango Holland	Senior Male	Run Exe 5k	0:15:59	81%	5k	Diamond	
24 January 2024	Charlotte Walker	Senior Female	Run Exe 5k	0:17:46	83%	5k	Diamond	Senior Female 5k Club Record