



CLUB AWARDS SCHEME

FEBRUARY 2024

RECOGNITION
CELEBRATION
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age	Award		Club Record
					Grade			
04 February 2024	Richard Drage	M65	Chichester 10k	0:38:17	91%	10k	Diamond Star	M65 10k Club Record
04 February 2024	Carole Walters	F60	Newquay 10k	0:48:36	81%	10k	Diamond	
04 February 2024	Anna Luff	F35	Newquay 10k	0:55:12	55%	10k	Bronze Star	
10 February 2024	Mark West	M50	Exeter Half Marathon	1:44:52	64%	Half Marathon	Silver	
10 February 2024	Jenny Bryant	F55	Exeter Half Marathon	1:44:54	76%	Half Marathon	Gold Star	
17 February 2024	Fynn Baker	Senior Male	Tavy 5	0:17:28	74%	5k	Gold	
17 February 2024	Connor Duffin	Senior Male	Tavy 5	0:17:34	73%	5k	Gold	
17 February 2024	Colin Bigham	M45	Tavy 5	0:18:32	77%	5k	Gold Star	
17 February 2024	Reuben Sebag-Montefiore	Senior Male	Tavy 5	0:18:34	69%	5k	Silver Star	
17 February 2024	Alistair Peers	M40	Tavy 5	0:19:53	69%	5k	Silver Star	
17 February 2024	Samantha Lake	F45	Tavy 5	0:19:57	80%	5k	Gold Star	F45 5k Club Record
17 February 2024	Allan Herdman	M70	Tavy 5	0:20:42	85%	5k	Diamond Star	
17 February 2024	Polly Iddon	F40	Tavy 5	0:22:57	67%	5k	Silver Star	
17 February 2024	Alison Bigham	F40	Tavy 5	0:23:34	65%	5k	Silver	
17 February 2024	Peter Bazley	M65	Tavy 5	0:25:31	66%	5k	Silver Star	
17 February 2024	Nicole Heryet	F50	Tavy 5	0:25:45	65%	5k	Silver Star	
17 February 2024	Anthony Shearer	M70	Tavy 5	0:26:00	68%	5k	Silver Star	
17 February 2024	Darren Fisher	M55	Tavy 5	0:33:25	46%	5k	Commendation	