

CLUB AWARDS SCHEME

RECOGNITION CELEBRATION INSPIRATION

2024 Individual Awards

Name	Age Cat	Distance	Date	Event	Time	Age Grade	Award
		1 mile	-	•	-	-	-
Adam		5k	03 September 2024	Run Exe 5k	00:15:18	84%	Diamond
	Senior	10k	15 June 2024	Torbay Velopark 10k	00:33:28	80%	Diamond
'Tango' Holland	Male	10 miles	-	-	-	-	-
Попапи		Half Marathon	01 September 2024	Bridgewater Half Marathon	01:08:49	86%	Diamond Star
		Marathon	11 May 2024	Exeter Marathon	02:37:31	79%	Gold Star
		1 mile	-	-	-	-	-
		5k	17 February 2024	Tavy 5	00:23:34	65%	Silver
Alison	F40	10k	-	-	-	-	-
Bigham	F40	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	•	-	-	-
		5k	20 July 2024	Tavy 5	00:43:32	44%	Commendation
Alison	F60	10k	-	-	-	-	-
Newcombe	FBU	10 miles	-	-	-	-	-
		Half Marathon	-	•	-	-	-
		Marathon	-	-	-	-	-
	M40	1 mile	-	•	-	-	-
		5k	20 January 2024	Tavy 5	00:19:51	69%	Silver Star
Alistair Peers		10k	-	-	-	-	-
Alistali Feers		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	17 February 2024	Tavy 5	00:20:42	85%	Diamond Star
Allan	M70	10k	03 March 2024	Leicester 10k	00:43:23	85%	Diamond
Herdman	10170	10 miles	-	•	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:34:30	55%	Bronze
Andrew	N475	10k	07 January 2024	Exeter First Chance 10k	01:27:30	45%	Commendation
Houghton	M75	10 miles	-	-	-	-	-
		Half Marathon	-	<u>-</u>	-	-	-
		Marathon	-	-	-	-	-

		1 mile	_	_	-	_	_
		5k	08 May 2024	Armada 5k	00:28:22	59%	Bronze Star
Andy Hughes MCF		10k	07 January 2024	Exeter First Chance 10k	00:54:51	64%	Silver
Andy Hughes	M65	10 miles	07 January 2024	- Exercit First Charice Tok	00.34.31	-	- Silvei
		Half Marathon	10 March 2024	Bideford Half Marathon	02:09:49	59%	Bronze Star
		Marathon	21 April 2024	London Marathon	04:50:57	55%	Bronze Star
		1 mile	24 September 2024		00:06:47		Silver Star
		5k	•	Club 1 Mile Time Trial	00:06:47	65%	ł
Andre		10k	17 August 2024	Tavy 5		65%	Silver Star
Andy Millward	M55		-	-	_		-
Williward		10 miles	-	-	-	-	-
		Half Marathon	-	-	-		
		Marathon	-	-	-	-	-
		1 mile	-		-	-	-
		5k	21 September 2024	Tavy 5	00:34:18	65%	Silver
Ann	F70	10k	-	-	-	-	-
Fitzsimmons		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:42	59%	Bronze Star
		5k	-	-	-	-	-
Ann Ruddock	F60	10k	01 June 2024	Burrator 10k	01:07:27	58%	Bronze Star
	. 00	10 miles	03 November 2024	Bideford 10 Miler	01:52:19	57%	Bronze Star
		Half Marathon	10 March 2024	Bideford Half Marathon	02:29:23	57%	Bronze Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:27:59	53%	Bronze
Anna Kelly	Senior Female	10k	14 January 2024	Plympton January Jaunt	01:03:36	48%	Commendation
, ,		10 miles	03 November 2024	Bideford 10 Miler	01:39:14	50%	Bronze
		Half Marathon	10 March 2024	Bideford Half Marathon	02:14:24	49%	Commendation
		Marathon	14 April 2024	Manchester Marathon	05:26:13	42%	Commendation
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Anna Luff	F35	10k	04 February 2024	Newquay 10k	00:55:12	55%	Bronze Star
Allila Luli	133	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
							-
		Marathon	-	-	-	ı	
		Marathon 1 mile	-	-	-	1	-
			- - 18 May 2024	- - Tavy 5	- 00:31:06	- 72%	- Gold
Annette	E70	1 mile	-	-	-	-	-
Annette Smith	F70	1 mile 5k	- 18 May 2024	- Tavy 5	- 00:31:06	- 72%	- Gold
	F70	1 mile 5k 10k	- 18 May 2024	- Tavy 5	00:31:06 01:05:23	- 72% 70%	- Gold
	F70	1 mile 5k 10k 10 miles	- 18 May 2024	- Tavy 5	- 00:31:06 01:05:23	72% 70%	- Gold
	F70	1 mile 5k 10k 10 miles Half Marathon	- 18 May 2024	- Tavy 5	- 00:31:06 01:05:23	- 72% 70% - -	- Gold
	F70	1 mile 5k 10k 10 miles Half Marathon Marathon	- 18 May 2024 28 April 2024 - - -	- Tavy 5 Plymouth 10k - - -	- 00:31:06 01:05:23 - -	- 72% 70% - -	- Gold Silver Star - - -
		1 mile 5k 10k 10 miles Half Marathon Marathon 1 mile	- 18 May 2024 28 April 2024 - - - 24 September 2024	- Tavy 5 Plymouth 10k Club 1 Mile Time Trial	- 00:31:06 01:05:23 - - - 00:07:29	- 72% 70% - - - 68%	Gold Silver Star Silver Star
Smith	F70	1 mile 5k 10k 10 miles Half Marathon Marathon 1 mile 5k	- 18 May 2024 28 April 2024 24 September 2024 15 June 2024	- Tavy 5 Plymouth 10k Club 1 Mile Time Trial Tavy 5	- 00:31:06 01:05:23 - - - - 00:07:29 00:24:46	- 72% 70% - - - 68% 71%	- Gold Silver Star - - - Silver Star Gold
Smith		1 mile 5k 10k 10 miles Half Marathon Marathon 1 mile 5k 10k	- 18 May 2024 28 April 2024 24 September 2024 15 June 2024 11 May 2024	- Tavy 5 Plymouth 10k Club 1 Mile Time Trial Tavy 5 Ivybridge 10k	00:31:06 01:05:23 - - - 00:07:29 00:24:46 00:51:26	- 72% 70% - - - 68% 71%	- Gold Silver Star Silver Star Gold Gold

		1 mile	_	_	_	_	_
I Ben Neale I		5k	16 November 2024	Tavy 5	00:15:42	82%	Diamond
	Senior	10k	07 January 2024	Exeter First Chance 10k	00:31:58	84%	Diamond
	Male	10 miles	03 November 2024	Bideford 10 Miler	00:53:32	83%	Diamond
	.v.a.c	Half Marathon	24 March 2024	Fleet Half Marathon	01:09:05	86%	Diamond Star
		Marathon	24 IVIAI CII 2024	Tieet Hall Warathon	01.09.03	-	Diamond Star
		1 mile	-	<u>-</u>	1 -		_
		5k	- 15 June 2024	 Tavy 5	00:23:34	81%	Diamond
Carole		10k			00:23:34	81%	Diamond
Walters	F60		14 April 2024	Lancaster 3 Bridges 10k			
waiters		10 miles	10 March 2024	The Granite Way 10	01:20:25	80%	Gold Star
		Half Marathon	18 August 2024	Frome Half Marathon	01:46:13	80%	Diamond
		Marathon	-	-	-	-	-
		1 mile	-		-	-	-
		5k	21 September 2024	Tavy 5	00:21:45	82%	Diamond
Caroline F5	F55	10k	01 September 2024	Bridgewater 10k	00:46:13	79%	Gold Star
Steven		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	24 January 2024	Run Exe 5k	00:17:46	83%	Diamond
Charlotte	Senior	10k	11 May 2024	Ivybridge 10k	00:38:50	78%	Gold Star
Walker	Female	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:08:27	68%	Silver Star
		5k	21 September 2024	Tavy 5	00:28:45	67%	Silver Star
Cheryl		10k	-	-	-	-	-
Schofield		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Chuin Innah	Senior	10k	-	-	-	-	-
Chris Jacob	Male	10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	02:23:23	41%	Commendation
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:41:24	46%	Commendation
Christine		10k	-	-	-	-	_
Teague	F60	10 miles	-	-	_	_	_
1 2 2 2 2		Half Marathon	-	-	_	_	_
		Marathon	-	-	-	-	-
		1 mile	-	-	_	_	_
		5k	-	<u>-</u>	 _	-	_
		10k	01 June 2024	Burrator 10k	01:03:32	49%	Commendation
Claire White	F40	10 miles	- Julie 2024 -	- Pallatol Toy	-	-	-
		Half Marathon	- 10 March 2024	Bideford Half Marathon	02:22:19	48%	- Commendation
		Marathon	10 March 2024	DIUCIOIU FIAII IVIAI ALIIUII	-	48%	-
		ividi dti 1011	-	-			_

		1 mile	-	_	_	-	_
		5k	_	_	<u> </u>		_
		10k	_	_	-	-	_
Claire White	F45	10 miles	03 November 2024	Bideford 10 Miler	01:49:25	49%	Commendation
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	_	_
		1 mile	-	-	_	-	_
		5k	17 February 2024	Tavy 5	00:18:32	77%	Gold Star
		10k	-	-	-	-	-
Colin Bigham	M45	10 miles	-	-	-	-	_
		Half Marathon	-	-	-	-	_
		Marathon	-	-	-	-	_
		1 mile	-	-	-	-	_
		5k	17 February 2024	Tavy 5	00:17:34	73%	Gold
Connor	Senior	10k	-	-	-	-	-
Duffin	Male	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:17:51	72%	Gold
	Senior Male	10k	07 January 2024	Exeter First Chance 10k	00:38:14	70%	Gold
Corin Russell		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:32:16	64%	Silver
Cynthia	F65	10k	-	-	-	-	-
Squance		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	17 February 2024	Tavy 5	00:33:25	46%	Commendation
Darren	M55	10k	-	-	-	-	-
Fisher	IVISS	10 miles	-	-	-	-	-
		Half Marathon	29 September 2024	Barnstaple Half Marathon	02:39:11	44%	Commendation
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:08:12	56%	Bronze Star
		5k	20 January 2024	Tavy 5	00:25:01	64%	Silver
David	M60	10k	-	•	-	1	-
Fairbairn	IVIOU	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:21:09	76%	Gold Star
David Harris	M60	10k	-	-	-	ı	-
David Hairis	14100	10 miles	-	-	-	1	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Senior 10k			1 mile					
Edward Hon Male 10 miles				17 Avenuet 2024	Толи Г	- 00.10.00	-	Cilven Cten
Male	Fdward Horn I	Conior		17 August 2024	Tavy 5	00:19:00		Sliver Star
Half Marathon				-	-	-		-
Marathon		iviale						
Elisa Mendes F55				•	·			
Elisa Mendes								
F55					-	+		
Find Formal For					-			
Half Marathon	EJ Findlay	F55			-			
Marathon 21 April 2024 London Marathon 03:58:53 72% Gold					-	-		-
Senior Female Sk 21 September 2024 Tavy 5 00:25:06 59% Bronze Star					-			-
Senior Female Senior Female Senior Female 10k				-				
Senior Female Female 10k -								
Female Female Half Marathon -				21 September 2024	•			Bronze Star
Half Marathon -	Elisa Mendes			-	-			-
Marathon	Fema	Female			-			-
Female Female Female				-	-		-	
Senior Gillam Female Senior Gillam Female Senior Gillam Senior Gil				-	-			
Senior Gillam Female Half Marathon				-	-	+		
Female Female 10 miles -				-	-	-	-	-
Half Marathon				-	-	-		
Emily Roissetter Marathon 14 April 2024 Manchester Marathon 03:59:44 56% Bronze Star Emily Roissetter 5k - <t< td=""><td>Gillam</td><td></td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></t<>	Gillam			-	-	-	-	-
Emily Roissetter Senior Female Burnator 10k 1 mile 5k					-			
Emily Roissetter Senior Female 5k -				14 April 2024	Manchester Marathon		56%	Bronze Star
Emily Roissetter Senior Female Female 10k 01 June 2024 Burrator 10k 00:54:22 56% Bronze Star Half Marathon - - - - - - Marathon - - - - - - Emma Hazeldine 1 mile -					-	-	-	-
Roissetter Female 10 miles -								
Half Marathon - - - - - - - -	•			01 June 2024	Burrator 10k	00:54:22	56%	Bronze Star
Emma Hazeldine Marathon -	Roissetter			-	-	-	-	-
Emma Hazeldine 1 mile -				-	-	-	-	-
Emma Hazeldine F50 19 October 2024 Tavy 5 00:23:41 71% Gold Hazeldine 10 miles - - - - - Half Marathon - - - - - Half Marathon - - - - Senior Female 1 mile - - - - Female 10 miles - - - - - Half Marathon 28 April 2024 Plymouth Half Marathon 01:29:49 73% Gold Marathon - - - - - - Emma Webber 5k 20 July 2024 Tavy 5 00:24:37 62% Silver 10 miles - - - - - - Half Marathon - - - - - - Half Marathon - - - - - - Half Marathon -				-	-	-	-	-
Emma Hazeldine F50 10k -					-		-	
Hazeldine				19 October 2024	Tavy 5	00:23:41	71%	Gold
Hazeldine		F50		-	-	-	-	-
Emma Ryder Marathon -	Hazeldine	150	10 miles	-	-	-	-	-
Emma Ryder 1 mile -			Half Marathon	-	-	-	-	-
Emma Ryder 5k - <th< td=""><td></td><td></td><td>Marathon</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></th<>			Marathon	-	-	-	-	-
Emma Ryder Female Senior Female 10k - <t< td=""><td></td><td></td><td>1 mile</td><td>-</td><td>-</td><td>-</td><td>-</td><td>-</td></t<>			1 mile	-	-	-	-	-
Emma Ryder Female 10 miles -			5k	-	-	-	-	-
Female	Emma Pyder	Senior	10k	-	-	-	-	-
Emma Webber F40 Marathon -	Lillilla Rydei	Female	10 miles	-	-	-	ı	-
Emma Webber Half Marathon 1 mile 24 September 2024 Club 1 Mile Time Trial 00:07:16 61% Silver 5k 20 July 2024 Tavy 5 00:24:37 62% Silver 10k - - - - - 10 miles - - - - -			Half Marathon	28 April 2024	Plymouth Half Marathon	01:29:49	73%	Gold
Emma Webber F40 5k 20 July 2024 Tavy 5 00:24:37 62% Silver 10k - - - - - 10 miles - - - - - Half Marathon - - - - -			Marathon	-	-	-	-	-
Emma Webber F40 10k - - - - - Half Marathon - - - - - -			1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:16	61%	Silver
Webber 10 miles - - - - - Half Marathon - - - - -			5k	20 July 2024	Tavy 5	00:24:37	62%	Silver
Webber 10 miles - <	Emma	E40	10k	-		-	-	-
	Webber	F4U	10 miles	-		-	-	-
Marathan 31 April 2024 Landon Marathan 04:05:42 500/ Branes Ctar			Half Marathon	-	-	-	-	-
I iviaratiioii 21 April 2024 London iviaratnon 04:05:43 58% Bronze Star			Marathon	21 April 2024	London Marathon	04:05:43	58%	Bronze Star

		1 mile	_	_	_	_	_
		5k	17 February 2024	Tavy 5	00:17:28	74%	Gold
	Senior	10k	- 17 Tebruary 2024	Tavy 5	00.17.20	-	Joid
Fynn Baker	Male	10 miles	-	<u>-</u>	-		
	iviale	Half Marathon	-	-	 	_	-
		Marathon	_		 -		_
		1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:21:43	59%	Bronze Star
Garry	Senior	10k	- -	-	-	-	-
Letheren	Male	10 miles	-	-	 		-
Lettieren	iviale	Half Marathon	-	-			_
		Marathon	-	-	-		-
		1 mile		- Club 1 Mile Time Trial	00:06:08		Silver
			24 September 2024			60%	
Comi	Senior	5k 10k	-	-	-	-	-
Gary		10 miles	-	-	-		
Letheren	Male		-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	- 24.5 + 1 2024	- CLIANIT TITE		-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:10:22	43%	Commendation
6		5k	21 September 2024	Tavy 5	00:32:33	47%	Commendation
Gemma	F40	10k	-	-	-	-	-
Eales		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-		-	-	-
		5k	20 January 2024	Tavy 5	00:35:06	59%	Bronze Star
Gill Turcan	F65	10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	06 August 2024	Run Exe 5k	00:17:48	77%	Gold Star
Grant Harvey	M40	10k	01 June 2024	Burrator 10k	00:38:11	74%	Gold
,		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	21 April 2024	London Marathon	03:09:41	67%	Silver Star
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Hannah	Senior	10k	-	-	-	-	-
Smith	Female	10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:28:33	74%	Gold
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	16 April 2024	Run Exe 5k	00:20:54	71%	Gold
Hannah	Senior	10k	29 March 2024	Fast Friday 10k	00:44:41	68%	Silver Star
Walker	Female	10 miles	-	-	-	-	-
Walker	remale	Half Marathon	-	-	-	-	-

		1 mile	_	_	_	_	_
		5k	-	-	+ -	-	-
Hannah _		10k	- 07 January 2024	Exeter First Chance 10k	00:44:15	71%	Gold
Worth	F40	10 miles	07 January 2024	Exeler First Chance 10k	- 00.44.15	-	Gold
VVOICII		Half Marathon	- 10 March 2024	Bideford Half Marathon	01:34:43	72%	Gold
		Marathon		London Marathon	03:40:54	65%	Silver
		1 mile	21 April 2024 -	LONGON Marathon		- 05%	- Silver
		5k	- 20 July 2024	Tavy 5	00:41:04	31%	Commendation
	Senior	10k	20 July 2024 -	-		-	-
Harry Sharp	Male	10 miles	-	-	+ -	-	-
	iviale	Half Marathon	-	-	+ -	_	-
		Marathon	-	<u>-</u>	-	-	-
			-	-	-	-	-
		1 mile	20 1 2024	Тани Г			- Ctou
		5k 10k	20 July 2024	Tavy 5	00:28:36	59%	Bronze Star
Hazel Walker	F50		11 May 2024	Ivybridge 10k	01:04:06	54%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
	F40	5k	-	-	-	-	-
Heather Fell		10k	-	-	-	-	-
		10 miles	- 20.0 + 1 2024	-		-	-
		Half Marathon	20 October 2024	Eden Half Marathon	01:42:58	66%	Silver Star
		Marathon	-	-	-	-	-
		1 mile		- T		- 720/	-
Holon Kulo		5k	17 August 2024	Tavy 5	00:26:03	73%	Gold
Helen Kula-	F60	10k	01 September 2024	Bridgewater 10k	00:55:55	70%	Gold
Przezwanski		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	 -	-	-
		5k	-	-	-	-	-
Helen Kula-	F65	10k	-	-	-	-	-
Przezwanski		10 miles	03 November 2024	Bideford 10 Miler	01:30:08	77%	Gold Star
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Helen Orme	F50	10k	01 September 2024	Bridgewater 10k	00:47:41	72%	Gold
		10 miles	03 November 2024	Bideford 10 Miler	01:16:40	73%	Gold
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:31:57	56%	Bronze Star
Helen	F55	10k	-	-	-	-	-
Thewlls		10 miles	-	-	-	-	-
							1
		Half Marathon Marathon	-	-	 -	-	-

		1 mile	_	_	_	_	_
		5k	16 November 2024	Tavy 5	00:38:19	47%	Commendation
		10k	16 November 2024	Tavy 5	00.36.19	-	Commendation
Helen Woods	F55	10 miles	-	-	-		-
		Half Marathon	-	-	-	-	-
			-	-	-	-	-
		Marathon 1 mile	-	-		-	
		5k	-	-	-	-	-
Hollie	Senior	10k	-	-	-		-
	Female		-		-	-	-
Fitzgerald	remaie	10 miles	- 25 May 2024	- Creat Mast Burn	- 01.27.44	750/	-
		Half Marathon	25 May 2024	Great West Run	01:27:44	75%	Gold Star
		Marathon	-	-	-	-	-
		1 mile	-	- -	-	740/	-
		5k	20 July 2024	Tavy 5	00:19:09	71%	Gold
Ian Collacott M4	M40	10k	01 September 2024	Bridgewater 10k	00:39:03	73%	Gold
		10 miles	03 November 2024	Bideford 10 Miler	01:04:35	72%	Gold
		Half Marathon	17 March 2024	Weymouth Half Marathon	01:28:58	69%	Silver Star
		Marathon	21 April 2024	London Marathon	03:19:12	64%	Silver
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:38	53%	Bronze
	M70	5k	-	-	-	-	-
lan Jones		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	M45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
lan Trice		10k	-	-	-	-	-
1011 11100		10 miles	03 November 2024	Bideford 10 Miler	01:06:42	73%	Gold
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:19:32	70%	Silver Star
James	M40	10k	11 May 2024	Bideford 10k	00:43:25	65%	Silver Star
Armstrong	171-10	10 miles	-	-	-	-	-
		Half Marathon	01 September 2024	The Big Half	01:26:43	71%	Gold
		Marathon	-	-	-	-	-
		1 mile	-	-	-	•	-
		5k	20 July 2024	Tavy 5	00:20:40	62%	Silver
James	Senior	10k	-	-	-	-	-
Crossey	Male	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	ı	-
		1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:31:17	47%	Commendation
James	N450	10k	-	-	-	-	-
Savage	M50	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

		1 mile	_		_	_	_
		5k	16 November 2024	Tavy 5	00:26:02	59%	Bronze Star
James		10k	10 NOVEITIBET 2024	iavy 5		-	- DI OTIZE Stat
Savage	M55	10 miles	-	<u> </u>	 	_	
Javage		Half Marathon	_	<u> </u>	 	_	-
		Marathon	_				_
		1 mile	-	<u> </u>	-		-
		5k	- 17 August 2024	Tavy 5	00:28:52	62%	Silver
		10k	07 January 2024	Exeter First Chance 10k	01:02:19	59%	Bronze Star
Jean Phillips	F55	10 miles		Exerci First Charice 10k	-	-	BIOIIZE Stai
		Half Marathon	-	-	 -	-	-
		Marathon	-	-	 		-
			-	-	-		-
		1 mile	-	-	-	-	-
	C	5k	-	-	-	-	-
Jed	Senior	10k	-	-	-	-	-
Hutchings	Male	10 miles	-		-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:15:32	78%	Gold Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
	F55	5k	-	-	-	-	-
Jenny Bryant		10k	-	-	-	-	-
, , , , , , , , , , , , , , , , , , , ,		10 miles	-	-	-	-	-
		Half Marathon	10 February 2024	Exeter Half Marathon	01:44:54	76%	Gold Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Jenny Jeeves	F55	10k	-	-	-	-	-
sermy seeves		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:35:57	83%	Diamond
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:52	78%	Gold Star
		5k	18 May 2024	Tavy 5	00:25:55	79%	Gold Star
Kate Rogers	F65	10k	01 September 2024	Bridgewater 10k	00:56:44	74%	Gold
Rate Rogers	103	10 miles	03 November 2024	Bideford 10 Miler	01:38:23	70%	Gold
		Half Marathon	-	-	-	ı	-
		Marathon	-	-	-	1	-
		1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:26:04	59%	Bronze Star
Kata Kalla	E40	10k	-	-	-	-	-
Katy Kelly	F40	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:48	63%	Silver
		5k	19 October 2024	Tavy 5	00:31:25	66%	Silver Star
		10k	-	-	-	-	-
Kitty Refson	F65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	_	-	-
		14101011					

		1 mile					
		1 mile	- 17.4 + 202.4			740/	-
1.00		5k	17 August 2024	Tavy 5	00:26:55	71%	Gold
Les Wilkinson	F60	10k	2024	Pidefeed 40 Miles	- 04:22:02	-	- Cilvan Chan
Wilkinson		10 miles	03 November 2024	Bideford 10 Miler	01:33:03	69%	Silver Star
		Half Marathon	01 September 2024	Bridgewater Half Marathon	02:10:34	65%	Silver Star
		Marathon	-		-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:08:56	64%	Silver
12.4.		5k	-	-	-	-	-
Linda	F60	10k	-	-	-	-	-
Millward '		10 miles	-	<u>-</u>	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	<u>-</u>	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Lisa Hall	F50	10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	02:08:38	58%	Bronze Star
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:12:27	54%	Bronze
	F70	5k	17 August 2024	Tavy 5	00:33:58	66%	Silver Star
Lorena		10k	-	<u>-</u>	-	-	-
Merrett		10 miles	-	<u>-</u>	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:53	59%	Bronze Star
		5k	-	-	-	-	-
Lucy Hann	F45	10k	-	-	-	-	-
Lucy Hailii		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Maarit Green	F65	10k	01 June 2024	Burrator 10k	01:02:21	68%	Silver Star
Ividant Green	F03	10 miles	03 November 2024	Bideford 10 Miler	01:46:11	65%	Silver Star
		Half Marathon	29 September 2024	Barnstaple Half Marathon	02:15:45	67%	Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Mara Curtis	NACE	10k	-	-	-	-	-
Marc Curtis	M55	10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:34:06	74%	Gold
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:30:17	68%	Silver Star
Marion	F.C.F.	10k	-	- -	-	-	-
Stratton	F65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
L							

		1 mile					
			- 16 November 2024	Тани Г	00:26:10	-	- Duana Chau
		5k	16 November 2024	Tavy 5	00:26:10	59%	Bronze Star
Mark Orme	M55	10k	-	-	-	-	-
		10 miles Half Marathon	-	-	-	-	-
			-	-	-	-	-
		Marathon	- 2024	-		760/	Cald Chair
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:05:35	76%	Gold Star
		5k	12 June 2024	SW PB Series	00:18:27	80%	Gold Star
Mark West	M50	10k	01 September 2024	Bridgewater 10k	00:38:54	79%	Gold Star
		10 miles	03 November 2024	Bideford 10 Miler	01:03:16	80%	Gold Star
		Half Marathon	03 March 2024	Newport Half Marathon	01:23:03	81%	Diamond
		Marathon	14 April 2024	Rotterdam Marathon	03:00:57	77%	Gold Star
		1 mile	-	<u> </u>	-	-	-
		5k	17 August 2024	Tavy 5	00:27:09	59%	Bronze Star
Mary-Anne	F45	10k	-	-	-	-	-
Talling		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Matthew	M55	10k	-	-	-	-	-
Sweeney	Senior Female	10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	02:04:08	56%	Bronze Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Molly		10k	28 April 2024	Plymouth 10k	00:52:08	58%	Bronze Star
Bytheway		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	20 October 2024	Amsterdam Marathon	03:52:26	58%	Bronze Star
		1 mile	-	-	-	-	-
		5k	15 June 2024	Tavy 5	00:38:38	42%	Commendation
Nick Parsons	M60	10k	-	-	-	-	-
INICK F di SOIIS	10100	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:08:16	60%	Silver
		5k	20 July 2024	Tavy 5	00:25:37	65%	Silver Star
Nicole	FF0	10k	-	-	-	-	-
Heryet	F50	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	19 October 2024	Tavy 5	00:29:13	70%	Gold
Nicolette	F.C.F	10k	-	- -	-	-	-
Overy	F65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

		1 mile			T		
		1 mile	-	-	-	-	-
	Comina	5k	-	-		- 020/	
Nikki Kelly	Senior	10k	11 May 2024	Bideford 10k	00:37:12	82%	Diamond
	Female	10 miles	03 November 2024	Bideford 10 Miler	01:01:55	80%	Diamond
		Half Marathon	10 March 2024	Bideford Half Marathon	01:22:18	80%	Gold Star
		Marathon	14 April 2024	Manchester Marathon	02:56:23	77%	Gold Star
		1 mile	-	-	 -	-	-
D I		5k	-	-	 -	-	-
Paul	M70	10k	-	-	-	-	-
Marshall		10 miles	-		-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	02:02:08	66%	Silver Star
		Marathon	11 May 2024	Exeter Marathon	04:53:32	58%	Bronze Star
		1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:24:05	70%	Silver Star
Peter Bazley	M65	10k	11 May 2024	Ivybridge 10k	00:50:22	69%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:57:39	65%	Silver Star
		Marathon	28 April 2024	Newport Marathon	04:30:48	59%	Bronze Star
		1 mile	-	-	-	-	-
		5k	19 October 2024	Tavy 5	00:16:54	76%	Gold Star
Peter	Senior	10k	-	-	-	-	-
Newman	Male	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	F40	1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:22:36	68%	Silver Star
Polly Iddon		10k	-	-	-	-	-
Folly ladon		10 miles	-	-	-	-	ı
		Half Marathon	-	-	-	-	1
		Marathon	-	-	-	-	ı
		1 mile	-	-	-	-	-
Reuben		5k	03 September 2024	Run Exe 5k	00:17:08	75%	Gold Star
Sebag-	Senior	10k	-	-	-	-	-
Montefiore	Male	10 miles	-	-	-	-	-
Montenore		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:19:12	87%	Diamond Star
Richard	1465	10k	04 February 2024	Chichester 10k	00:38:17	91%	Diamond Star
Drage	M65	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:14	55%	Bronze
		5k	19 October 2024	Tavy 5	00:30:59	57%	Bronze Star
Richard		10k	-	-	-	-	-
Paine	M70	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	_	-
		Marathon	-	-	-	-	_

Rob Jinman		1 mile	-	-	_	_	_
		5k	16 November 2024	Tavy 5	00:19:34	70%	Silver Star
		10k	-	- -	-	-	-
	M40	10 miles	-	-	_	_	_
		Half Marathon	_		_	_	_
		Marathon	_		_	_	_
		1 mile	-	_	_	_	_
		5k	03 September 2024	Run Exe 5k	00:16:24	83%	Diamond
	M40	10k	07 January 2024	Exeter First Chance 10k	00:33:51	84%	Diamond
Sam Larkham		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:13:23	84%	Diamond
		Marathon	21 April 2024	London Marathon	02:36:46	82%	Diamond
		1 mile		-	-	-	
		5k	- 04 May 2024	Milton Keynes Rocket 5k	00:19:26	82%	Diamond
Samantha		10k	28 April 2024	Plymouth 10k	00:19:26	79%	Gold Star
Lake	F45	10 miles	- 20 April 2024	Piyilloutii 10k	-	-	Goid Stai
Lake		Half Marathon	-	-	-		-
		Marathon	-	<u> </u>	-	-	-
		1 mile	- 20 July 2024	- 	- 00.27.50	- 4.40/	-
		5k	20 July 2024	Tavy 5	00:37:50	44%	Commendation
Sara Allen	F50	10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-		-	-	-
	F60	5k	17 August 2024	Tavy 5	00:27:29	70%	Silver Star
Sarah Cooper		10k	-	-	-	-	-
·		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	F45	1 mile	-	-	-	-	-
		5k	12 June 2024	Armada 5k	00:24:23	65%	Silver Star
Sarah		10k	07 January 2024	Exeter First Chance 10k	00:51:57	63%	Silver
Holland		10 miles	-	-	-	-	-
		Half Marathon	05 May 2024	Saltash Half Marathon	02:05:39	56%	Bronze Star
		Marathon	-	-	-	-	-
	F50	1 mile	-	-	-	-	-
Sarah Holland		5k	21 September 2024	Tavy 5	00:23:55	70%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	•	-
		Marathon	20 October 2024	Eden Marathon	05:09:08	52%	Bronze
Sarah Prior	F50	1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:50	64%	Silver
		5k	15 June 2024	Tavy 5	00:26:40	63%	Silver
		10k	-	-	-	ı	-
		10 miles	03 November 2024	Bideford 10 Miler	01:33:32	60%	Silver
		Half Marathon	01 September 2024	The Big Half	02:14:25	55%	Bronze Star
		Marathon	07 April 2024	Brighton Marathon	04:47:31	56%	Bronze Star

		4 :			T		
Sarah Swinburne		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
	F45	10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	02:07:53	55%	Bronze Star
		Marathon	-	-	-	-	-
Sarah Turner		1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:42	58%	Bronze Star
		5k	17 August 2024	Tavy 5	00:26:38	57%	Bronze Star
	F40	10k	28 April 2024	Plymouth 10k	00:57:03	55%	Bronze
		10 miles	-	-	 -	-	-
		Half Marathon	-	-	<u> </u>	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
	F45	5k	-	-	-	-	-
Sarah		10k	-	-	-	-	-
Walton		10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	02:23:28	49%	Commendation
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Steve Cox	M50	10k	-	-	-	-	-
Steve cox	14150	10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:39:22	67%	Silver Star
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
Steve Cox	M55	5k	-	-	-	-	-
		10k	-	-	-	-	-
Steve cox		10 miles	03 November 2024	Bideford 10 Miler	01:15:58	69%	Silver Star
		Half Marathon	-	-	-	-	-
		Marathon	28 April 2024	Newport Marathon	03:42:59	65%	Silver Star
	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:12:25	46%	Commendation
Suc laws an		5k	-	1	-	•	-
		10k	-	-	-	-	-
Sue Jarman		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:26	61%	Silver
Susannah Harley		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Thelma Turner	F70	1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:21	71%	Gold
		5k	20 January 2024	Tavy 5	00:30:09	74%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
			<u> </u>	I			

		1 mile					
Thomas Brogden			-	<u>-</u>	-	-	-
		5k 10k	-	<u> </u>	-	-	-
	M40	10 miles	-	<u>-</u>	-	-	-
			-	<u> </u>	-	-	-
		Half Marathon		- Duinhton Monethon	- 02.54.42	750/	-
		Marathon	07 April 2024	Brighton Marathon	02:51:42	75%	Gold
Tim Haimes		1 mile	- 20 1-1- 2024	- 		450/	-
	M50	5k	20 July 2024	Tavy 5	00:32:55	45%	Commendation
		10k	01 June 2024	Burrator 10k	00:57:41	53%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:38:00	50%	Bronze
Tish Valva	F60	10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Tracey	F60	10k	07 January 2024	Exeter First Chance 10k	00:52:09	75%	Gold Star
Oxborough	100	10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
		1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Trevor Grigg	M65	10k	-	-	-	-	-
Trevor drigg	10103	10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Cambridge Half Marathon	03:02:41	42%	Commendation
		Marathon	-	-	-	-	-
	F70	1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:32:06	69%	Silver Star
Val Evans		10k	-	-	-	-	-
Val Evans		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
	F70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
Valerie Evans		10k	28 April 2024	Plymouth 10k	01:04:11	71%	Gold
		10 miles	-	<u> </u>	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Will Walker- Smith	M70	1 mile	24 September 2024	Club 1 Mile Time Trial	00:08:32	59%	Bronze Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	_
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