



CLUB AWARDS SCHEME

RECOGNITION
CELEBRATION
INSPIRATION

2024 Individual Awards

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

Andy Hughes	M65	1 mile	-	-	-	-	-
		5k	08 May 2024	Armada 5k	00:28:22	59%	Bronze Star
		10k	07 January 2024	Exeter First Chance 10k	00:54:51	64%	Silver
		10 miles	-	-	-	-	-
		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
Andy Millward	M55	1 mile	24 September 2024	Club 1 Mile Time Trial	00:06:47	65%	Silver Star
		5k	17 August 2024	Tavy 5	00:23:38	65%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ann Fitzsimmons	F70	1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:34:18	65%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ann Ruddock	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:42	59%	Bronze Star
		5k	-	-	-	-	-
		10k	01 June 2024	Burrator 10k	01:07:27	58%	Bronze Star
		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	-	-	-	-	-
Anna Kelly	Senior Female	1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:27:59	53%	Bronze
		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
Anna Luff	F35	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	04 February 2024	Newquay 10k	00:55:12	55%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Annette Smith	F70	1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:31:06	72%	Gold
		10k	28 April 2024	Plymouth 10k	01:05:23	70%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Anthony Shearer	M70	1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:29	68%	Silver Star
		5k	15 June 2024	Tavy 5	00:24:46	71%	Gold
		10k	11 May 2024	Ivybridge 10k	00:51:26	71%	Gold
		10 miles	03 November 2024	Bideford 10 Miler	01:23:53	72%	Gold
		Half Marathon	10 March 2024	Bideford Half Marathon	02:04:58	65%	Silver
		Marathon	-	-	-	-	-

Ben Neale	Senior Male	1 mile	-	-	-	-	-
		5k	16 November 2024	Tavy 5	00:15:42	82%	Diamond
		10k	07 January 2024	Exeter First Chance 10k	00:31:58	84%	Diamond
		10 miles	03 November 2024	Bideford 10 Miler	00:53:32	83%	Diamond
		Half Marathon	24 March 2024	Fleet Half Marathon	01:09:05	86%	Diamond Star
		Marathon	-	-	-	-	-
Carole Walters	F60	1 mile	-	-	-	-	-
		5k	15 June 2024	Tavy 5	00:23:34	81%	Diamond
		10k	14 April 2024	Lancaster 3 Bridges 10k	00:48:19	81%	Diamond
		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	-	-	-	-	-
Caroline Steven	F55	1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:21:45	82%	Diamond
		10k	01 September 2024	Bridgewater 10k	00:46:13	79%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Charlotte Walker	Senior Female	1 mile	-	-	-	-	-
		5k	24 January 2024	Run Exe 5k	00:17:46	83%	Diamond
		10k	11 May 2024	Ivybridge 10k	00:38:50	78%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Cheryl Schofield	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
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Chris Jacob	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	02:23:23	41%	Commendation
		Marathon	-	-	-	-	-
Christine Teague	F60	1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:41:24	46%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Claire White	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	01 June 2024	Burrator 10k	01:03:32	49%	Commendation
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	02:22:19	48%	Commendation
		Marathon	-	-	-	-	-

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

Edward Horn	Senior Male	1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:19:00	68%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	29 September 2024	Barnstaple Half Marathon	01:26:22	69%	Silver Star
		Marathon	21 April 2024	London Marathon	03:13:42	64%	Silver
EJ Findlay	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	21 April 2024	London Marathon	03:58:53	72%	Gold
Elisa Mendes	Senior Female	1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:25:06	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Elizabeth Gillam	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	14 April 2024	Manchester Marathon	03:59:44	56%	Bronze Star
Emily Roissetter	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	01 June 2024	Burrator 10k	00:54:22	56%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Emma Hazeldine	F50	1 mile	-	-	-	-	-
		5k	19 October 2024	Tavy 5	00:23:41	71%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Emma Ryder	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	01:29:49	73%	Gold
		Marathon	-	-	-	-	-
Emma Webber	F40	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	-	-	-	-	-
		Marathon	21 April 2024	London Marathon	04:05:43	58%	Bronze Star

Fynn Baker	Senior Male	1 mile	-	-	-	-	-
		5k	17 February 2024	Tavy 5	00:17:28	74%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Garry Letheren	Senior Male	1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:21:43	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Gary Letheren	Senior Male	1 mile	24 September 2024	Club 1 Mile Time Trial	00:06:08	60%	Silver
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Gemma Eales	F40	1 mile	24 September 2024	Club 1 Mile Time Trial	00:10:22	43%	Commendation
		5k	21 September 2024	Tavy 5	00:32:33	47%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Gill Turcan	F65	1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:35:06	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Grant Harvey	M40	1 mile	-	-	-	-	-
		5k	06 August 2024	Run Exe 5k	00:17:48	77%	Gold Star
		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
Hannah Smith	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:28:33	74%	Gold
		Marathon	-	-	-	-	-
Hannah Walker	Senior Female	1 mile	-	-	-	-	-
		5k	16 April 2024	Run Exe 5k	00:20:54	71%	Gold
		10k	29 March 2024	Fast Friday 10k	00:44:41	68%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Hannah Worth	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	07 January 2024	Exeter First Chance 10k	00:44:15	71%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:34:43	72%	Gold
		Marathon	21 April 2024	London Marathon	03:40:54	65%	Silver
Harry Sharp	Senior Male	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:41:04	31%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hazel Walker	F50	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:28:36	59%	Bronze Star
		10k	11 May 2024	Ivybridge 10k	01:04:06	54%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Heather Fell	F40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	20 October 2024	Eden Half Marathon	01:42:58	66%	Silver Star
		Marathon	-	-	-	-	-
Helen Kula-Przewanski	F60	1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:26:03	73%	Gold
		10k	01 September 2024	Bridgewater 10k	00:55:55	70%	Gold
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Helen Kula-Przewanski	F65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	03 November 2024	Bideford 10 Miler	01:30:08	77%	Gold Star
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Helen Orme	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		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	-	-	-	-	-
Helen Thewlls	F55	1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:31:57	56%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Helen Woods	F55	1 mile	-	-	-	-	-
		5k	16 November 2024	Tavy 5	00:38:19	47%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Hollie Fitzgerald	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	25 May 2024	Great West Run	01:27:44	75%	Gold Star
		Marathon	-	-	-	-	-
Ian Collacott	M40	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:19:09	71%	Gold
		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
Ian Jones	M70	1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:38	53%	Bronze
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Ian Trice	M45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	03 November 2024	Bideford 10 Miler	01:06:42	73%	Gold
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
James Armstrong	M40	1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:19:32	70%	Silver Star
		10k	11 May 2024	Bideford 10k	00:43:25	65%	Silver Star
		10 miles	-	-	-	-	-
		Half Marathon	01 September 2024	The Big Half	01:26:43	71%	Gold
		Marathon	-	-	-	-	-
James Crossey	Senior Male	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:20:40	62%	Silver
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
James Savage	M50	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:31:17	47%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

James Savage	M55	1 mile	-	-	-	-	-
		5k	16 November 2024	Tavy 5	00:26:02	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jean Phillips	F55	1 mile	-	-	-	-	-
		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
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Jed Hutchings	Senior Male	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:15:32	78%	Gold Star
		Marathon	-	-	-	-	-
Jenny Bryant	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 February 2024	Exeter Half Marathon	01:44:54	76%	Gold Star
		Marathon	-	-	-	-	-
Jenny Jeeves	F55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:35:57	83%	Diamond
		Marathon	-	-	-	-	-
Kate Rogers	F65	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
		10k	01 September 2024	Bridgewater 10k	00:56:44	74%	Gold
		10 miles	03 November 2024	Bideford 10 Miler	01:38:23	70%	Gold
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Katy Kelly	F40	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:26:04	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Kitty Refson	F65	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	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Les Wilkinson	F60	1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:26:55	71%	Gold
		10k	-	-	-	-	-
		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	-	-	-	-	-
Linda Millward	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:08:56	64%	Silver
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lisa Hall	F50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	02:08:38	58%	Bronze Star
		Marathon	-	-	-	-	-
Lorena Merrett	F70	1 mile	24 September 2024	Club 1 Mile Time Trial	00:12:27	54%	Bronze
		5k	17 August 2024	Tavy 5	00:33:58	66%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Lucy Hann	F45	1 mile	24 September 2024	Club 1 Mile Time Trial	00:07:53	59%	Bronze Star
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Maarit Green	F65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	01 June 2024	Burrator 10k	01:02:21	68%	Silver Star
		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	-	-	-	-	-
Marc Curtis	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:34:06	74%	Gold
		Marathon	-	-	-	-	-
Marion Stratton	F65	1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:30:17	68%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Mark Orme	M55	1 mile	-	-	-	-	-
		5k	16 November 2024	Tavy 5	00:26:10	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Mark West	M50	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
		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
Mary-Anne Talling	F45	1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:27:09	59%	Bronze Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Matthew Sweeney	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	02:04:08	56%	Bronze Star
		Marathon	-	-	-	-	-
Molly Bytheway	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	28 April 2024	Plymouth 10k	00:52:08	58%	Bronze Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	20 October 2024	Amsterdam Marathon	03:52:26	58%	Bronze Star
Nick Parsons	M60	1 mile	-	-	-	-	-
		5k	15 June 2024	Tavy 5	00:38:38	42%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nicole Heryet	F50	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
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Nicolette Overy	F65	1 mile	-	-	-	-	-
		5k	19 October 2024	Tavy 5	00:29:13	70%	Gold
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Nikki Kelly	Senior Female	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	11 May 2024	Bideford 10k	00:37:12	82%	Diamond
		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
Paul Marshall	M70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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
Peter Bazley	M65	1 mile	-	-	-	-	-
		5k	21 September 2024	Tavy 5	00:24:05	70%	Silver Star
		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
Peter Newman	Senior Male	1 mile	-	-	-	-	-
		5k	19 October 2024	Tavy 5	00:16:54	76%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Polly Iddon	F40	1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:22:36	68%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Reuben Sebag-Montefiore	Senior Male	1 mile	-	-	-	-	-
		5k	03 September 2024	Run Exe 5k	00:17:08	75%	Gold Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Richard Drage	M65	1 mile	-	-	-	-	-
		5k	20 January 2024	Tavy 5	00:19:12	87%	Diamond Star
		10k	04 February 2024	Chichester 10k	00:38:17	91%	Diamond Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Richard Paine	M70	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
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-

Rob Jinman	M40	1 mile	-	-	-	-	-
		5k	16 November 2024	Tavy 5	00:19:34	70%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sam Larkham	M40	1 mile	-	-	-	-	-
		5k	03 September 2024	Run Exe 5k	00:16:24	83%	Diamond
		10k	07 January 2024	Exeter First Chance 10k	00:33:51	84%	Diamond
		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
Samantha Lake	F45	1 mile	-	-	-	-	-
		5k	04 May 2024	Milton Keynes Rocket 5k	00:19:26	82%	Diamond
		10k	28 April 2024	Plymouth 10k	00:41:06	79%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sara Allen	F50	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:37:50	44%	Commendation
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Cooper	F60	1 mile	-	-	-	-	-
		5k	17 August 2024	Tavy 5	00:27:29	70%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Holland	F45	1 mile	-	-	-	-	-
		5k	12 June 2024	Armada 5k	00:24:23	65%	Silver Star
		10k	07 January 2024	Exeter First Chance 10k	00:51:57	63%	Silver
		10 miles	-	-	-	-	-
		Half Marathon	05 May 2024	Saltash Half Marathon	02:05:39	56%	Bronze Star
		Marathon	-	-	-	-	-
Sarah Holland	F50	1 mile	-	-	-	-	-
		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	-	-	-	-	-
		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

Sarah Swinburne	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	02:07:53	55%	Bronze Star
		Marathon	-	-	-	-	-
Sarah Turner	F40	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
		10k	28 April 2024	Plymouth 10k	00:57:03	55%	Bronze
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Sarah Walton	F45	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	28 April 2024	Plymouth Half Marathon	02:23:28	49%	Commendation
		Marathon	-	-	-	-	-
Steve Cox	M50	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Bideford Half Marathon	01:39:22	67%	Silver Star
		Marathon	-	-	-	-	-
Steve Cox	M55	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		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
Sue Jarman	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:12:25	46%	Commendation
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Susannah Harley	F60	1 mile	24 September 2024	Club 1 Mile Time Trial	00:09:26	61%	Silver
		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	-	-	-	-	-

Thomas Brogden	M40	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	07 April 2024	Brighton Marathon	02:51:42	75%	Gold
Tim Haimes	M50	1 mile	-	-	-	-	-
		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	-	-	-	-	-
Tish Valva	F60	1 mile	-	-	-	-	-
		5k	20 July 2024	Tavy 5	00:38:00	50%	Bronze
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Tracey Oxborough	F60	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	07 January 2024	Exeter First Chance 10k	00:52:09	75%	Gold Star
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Trevor Grigg	M65	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	10 March 2024	Cambridge Half Marathon	03:02:41	42%	Commendation
		Marathon	-	-	-	-	-
Val Evans	F70	1 mile	-	-	-	-	-
		5k	18 May 2024	Tavy 5	00:32:06	69%	Silver Star
		10k	-	-	-	-	-
		10 miles	-	-	-	-	-
		Half Marathon	-	-	-	-	-
		Marathon	-	-	-	-	-
Valerie Evans	F70	1 mile	-	-	-	-	-
		5k	-	-	-	-	-
		10k	28 April 2024	Plymouth 10k	01:04:11	71%	Gold
		10 miles	-	-	-	-	-
		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	-	-	-	-	-