



# CLUB AWARDS SCHEME

## MAY 2024

RECOGNITION  
CELEBRATION  
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
04 May 2024	Adam Tango Holland	Senior Male	Milton Keynes Rocket 5k	0:15:19	84%	5k	Diamond
04 May 2024	Samantha Lake	F45	Milton Keynes Rocket 5k	0:19:26	82%	5k	Diamond
05 May 2024	Richard Drage	M65	Great Birmingham Run 10k	0:38:35	90%	10k	Diamond Star
05 May 2024	Sarah Holland	F45	Saltash Half Marathon	2:05:39	56%	Half Marathon	Bronze Star
05 May 2024	Peter Bazley	M65	Saltash Half Marathon	2:18:49	55%	Half Marathon	Bronze Star
06 May 2024	Adam Tango Holland	Senior Male	Milton Keynes Marathon	2:59:52	69%	Marathon	Silver Star
07 May 2024	Adam Tango Holland	Senior Male	Run Exe 5k	0:15:56	81%	5k	Diamond
07 May 2024	Charlotte Walker	Senior Female	Run Exe 5k	0:18:23	81%	5k	Diamond
07 May 2024	Samantha Lake	F45	Run Exe 5k	0:23:02	69%	5k	Silver Star
07 May 2024	Kate Rogers	F65	Run Exe 5k	0:26:47	77%	5k	Gold Star
07 May 2024	Hazel Walker	F50	Run Exe 5k	0:29:33	57%	5k	Bronze Star
08 May 2024	Polly Iddon	F40	Armada 5k	0:23:29	65%	5k	Silver Star
08 May 2024	Peter Bazley	M65	Armada 5k	0:24:52	67%	5k	Silver Star
08 May 2024	Anthony Shearer	M70	Armada 5k	0:26:00	68%	5k	Silver Star
08 May 2024	Andy Hughes	M65	Armada 5k	0:28:22	59%	5k	Bronze Star
11 May 2024	Charlotte Walker	Senior Female	Ivybridge 10k	0:38:50	78%	10k	Gold Star
11 May 2024	Hannah Walker	Senior Female	Ivybridge 10k	0:45:17	67%	10k	Silver Star
11 May 2024	Peter Bazley	M65	Ivybridge 10k	0:50:22	69%	10k	Silver Star
11 May 2024	Anthony Shearer	M70	Ivybridge 10k	0:51:26	71%	10k	Gold
11 May 2024	Hazel Walker	F50	Ivybridge 10k	1:04:06	54%	10k	Bronze
11 May 2024	Nikki Kelly	Senior Female	Bideford 10k	0:37:12	82%	10k	Diamond
11 May 2024	Grant Harvey	M40	Bideford 10k	0:38:12	74%	10k	Gold
11 May 2024	Ian Collacott	M40	Bideford 10k	0:40:09	71%	10k	Gold

11 May 2024	James Armstrong	M40	Bideford 10k	0:43:25	65%	10k	Silver Star	
11 May 2024	Allan Herdman	M70	Bideford 10k	0:44:35	82%	10k	Diamond	
11 May 2024	Anthony Shearer	M70	Bideford 10k	0:52:22	70%	10k	Gold	
11 May 2024	Andy Hughes	M65	Bideford 10k	0:56:19	62%	10k	Silver	
11 May 2024	Jean Phillips	F55	Bideford 10k	1:03:05	58%	10k	Bronze Star	
11 May 2024	Claire White	F40	Bideford 10k	1:04:12	49%	10k	Commendation	
11 May 2024	Annette Smith	F70	Bideford 10k	1:06:17	69%	10k	Silver Star	
11 May 2024	Ann Ruddock	F60	Bideford 10k	1:07:53	58%	10k	Bronze Star	
11 May 2024	Adam Tango Holland	Senior Male	Exeter Marathon	2:37:31	79%	Marathon	Gold Star	
11 May 2024	Paul Marshall	M70	Exeter Marathon	4:53:32	58%	Marathon	Bronze Star	
18 May 2024	Grant Harvey	M40	Tavy 5	0:18:08	75%	5k	Gold Star	
18 May 2024	Polly Iddon	F40	Tavy 5	0:22:36	68%	5k	Silver Star	
18 May 2024	Andy Millward	M55	Tavy 5	0:24:02	64%	5k	Silver	
18 May 2024	Peter Bazley	M65	Tavy 5	0:25:04	67%	5k	Silver Star	
18 May 2024	Kate Rogers	F65	Tavy 5	0:25:55	79%	5k	Gold Star	
18 May 2024	Les Wilkinson	F60	Tavy 5	0:27:39	69%	5k	Silver Star	
18 May 2024	Hazel Walker	F50	Tavy 5	0:29:28	57%	5k	Bronze Star	
18 May 2024	Jean Phillips	F55	Tavy 5	0:29:55	60%	5k	Bronze Star	
18 May 2024	Thelma Turner	F70	Tavy 5	0:30:14	74%	5k	Gold	
18 May 2024	Annette Smith	F70	Tavy 5	0:31:06	72%	5k	Gold	
18 May 2024	Helen Thewlls	F55	Tavy 5	0:31:57	56%	5k	Bronze Star	
18 May 2024	Val Evans	F70	Tavy 5	0:32:06	69%	5k	Silver Star	
18 May 2024	Cynthia Squance	F65	Tavy 5	0:32:16	64%	5k	Silver	
18 May 2024	Darren Fisher	M55	Tavy 5	0:33:39	46%	5k	Commendation	
18 May 2024	Gemma Eales	F40	Tavy 5	0:34:30	44%	5k	Commendation	
18 May 2024	Richard Drage	M65	Bristol 10k	0:39:34	88%	10k	Diamond Star	
18 May 2024	Sarah Prior	F50	Bristol Half Marathon	2:17:48	54%	Half Marathon	Bronze	
25 May 2024	Ben Neale	Senior Male	Great West Run	0:32:50	82%	10k	Diamond	
25 May 2024	Hollie Fitzgerald	Senior Female	Great West Run	1:27:44	75%	Half Marathon	Gold Star	
25 May 2024	Ian Collacott	M40	Great West Run	1:31:25	67%	Half Marathon	Silver Star	