



CLUB AWARDS SCHEME

SEPTEMBER 2024

RECOGNITION
CELEBRATION
INSPIRATION

Date	Name	Age Cat.	Event	Time	Age Grade	Award	Club Record
01 September 2024	James Armstrong	M40	The Big Half	1:26:43	71%	Half Marathon	Gold
01 September 2024	Sarah Prior	F50	The Big Half	2:14:25	55%	Half Marathon	Bronze Star
01 September 2024	Adam Tango Holland	Senior Male	Bridgewater Half Marathon	1:08:49	86%	Half Marathon	Diamond Star Senior Male Half Marathon Club Record
01 September 2024	Les Wilkinson	F60	Bridgewater Half Marathon	2:10:34	65%	Half Marathon	Silver Star
01 September 2024	Mark West	M50	Bridgewater 10k	0:38:54	79%	10k	Gold Star
01 September 2024	Ian Collacott	M40	Bridgewater 10k	0:39:03	73%	10k	Gold
01 September 2024	Caroline Steven	F55	Bridgewater 10k	0:46:13	79%	10k	Gold Star
01 September 2024	Helen Orme	F50	Bridgewater 10k	0:47:41	72%	10k	Gold
01 September 2024	Helen Kula-Przewanski	F60	Bridgewater 10k	0:55:55	70%	10k	Gold
01 September 2024	Kate Rogers	F65	Bridgewater 10k	0:56:44	74%	10k	Gold
03 September 2024	Adam Tango Holland	Senior Male	Run Exe 5k	0:15:18	84%	5k	Diamond
03 September 2024	Sam Larkham	M40	Run Exe 5k	0:16:24	83%	5k	Diamond
03 September 2024	Reuben Sebag-Montefiore	Senior Male	Run Exe 5k	0:17:08	75%	5k	Gold Star
11 September 2024	Sarah Holland	F50	Armada 5k	0:24:35	68%	5k	Silver Star
11 September 2024	Peter Bazley	M65	Armada 5k	0:25:21	66%	5k	Silver Star
11 September 2024	Anthony Shearer	M70	Armada 5k	0:26:13	67%	5k	Silver Star
11 September 2024	Kate Rogers	F65	Armada 5k	0:28:02	73%	5k	Gold
15 September 2024	Ian Collacott	M40	Truro Half Marathon	1:36:31	64%	Half Marathon	Silver
21 September 2024	Reuben Sebag-Montefiore	Senior Male	Tavy 5	0:17:24	74%	5k	Gold
21 September 2024	Connor Duffin	Senior Male	Tavy 5	0:18:52	68%	5k	Silver Star
21 September 2024	Garry Letheren	Senior Male	Tavy 5	0:21:43	59%	5k	Bronze Star
21 September 2024	Caroline Steven	F55	Tavy 5	0:21:45	82%	5k	Diamond
21 September 2024	Sarah Holland	F50	Tavy 5	0:23:55	70%	5k	Gold
21 September 2024	Peter Bazley	M65	Tavy 5	0:24:05	70%	5k	Silver Star
21 September 2024	Elisa Mendes	Senior Female	Tavy 5	0:25:06	59%	5k	Bronze Star

21 September 2024	Kate Rogers	F65	Tavy 5	0:27:09	76%	5k	Gold Star	
21 September 2024	Anna Kelly	Senior Female	Tavy 5	0:27:59	53%	5k	Bronze	
21 September 2024	David Fairbairn	M60	Tavy 5	0:28:13	57%	5k	Bronze Star	
21 September 2024	Cheryl Schofield	F60	Tavy 5	0:28:45	67%	5k	Silver Star	
21 September 2024	Gemma Eales	F40	Tavy 5	0:32:33	47%	5k	Commendation	
21 September 2024	Helen Thewlls	F55	Tavy 5	0:32:34	55%	5k	Bronze	
21 September 2024	Ann Fitzsimmons	F70	Tavy 5	0:34:18	65%	5k	Silver	
24 September 2024	Mark West	M50	Club 1 Mile Time Trial	0:05:35	76%	1 mile	Gold Star	
24 September 2024	Gary Letheren	Senior Male	Club 1 Mile Time Trial	0:06:08	60%	1 mile	Silver	
24 September 2024	Andy Millward	M55	Club 1 Mile Time Trial	0:06:47	65%	1 mile	Silver Star	
24 September 2024	Emma Webber	F40	Club 1 Mile Time Trial	0:07:16	61%	1 mile	Silver	
24 September 2024	Anthony Shearer	M70	Club 1 Mile Time Trial	0:07:29	68%	1 mile	Silver Star	
24 September 2024	Sarah Turner	F40	Club 1 Mile Time Trial	0:07:42	58%	1 mile	Bronze Star	
24 September 2024	Sarah Prior	F50	Club 1 Mile Time Trial	0:07:50	64%	1 mile	Silver	
24 September 2024	Kate Rogers	F65	Club 1 Mile Time Trial	0:07:52	78%	1 mile	Gold Star	
24 September 2024	Lucy Hann	F45	Club 1 Mile Time Trial	0:07:53	59%	1 mile	Bronze Star	
24 September 2024	David Fairbairn	M60	Club 1 Mile Time Trial	0:08:12	56%	1 mile	Bronze Star	
24 September 2024	Nicole Heryet	F50	Club 1 Mile Time Trial	0:08:16	60%	1 mile	Silver	
24 September 2024	Cheryl Schofield	F60	Club 1 Mile Time Trial	0:08:27	68%	1 mile	Silver Star	
24 September 2024	Will Walker-Smith	M70	Club 1 Mile Time Trial	0:08:32	59%	1 mile	Bronze Star	
24 September 2024	Linda Millward	F60	Club 1 Mile Time Trial	0:08:56	64%	1 mile	Silver	
24 September 2024	Richard Paine	M70	Club 1 Mile Time Trial	0:09:14	55%	1 mile	Bronze	
24 September 2024	Thelma Turner	F70	Club 1 Mile Time Trial	0:09:21	71%	1 mile	Gold	
24 September 2024	Susannah Harley	F60	Club 1 Mile Time Trial	0:09:26	61%	1 mile	Silver	
24 September 2024	Ian Jones	M70	Club 1 Mile Time Trial	0:09:38	53%	1 mile	Bronze	
24 September 2024	Ann Ruddock	F60	Club 1 Mile Time Trial	0:09:42	59%	1 mile	Bronze Star	
24 September 2024	Kitty Refson	F65	Club 1 Mile Time Trial	0:09:48	63%	1 mile	Silver	
24 September 2024	Gemma Eales	F40	Club 1 Mile Time Trial	0:10:22	43%	1 mile	Commendation	
24 September 2024	Sue Jarman	F60	Club 1 Mile Time Trial	0:12:25	46%	1 mile	Commendation	
24 September 2024	Lorena Merrett	F70	Club 1 Mile Time Trial	0:12:27	54%	1 mile	Bronze	
29 September 2024	Edward Horn	Senior Male	Barnstaple Half Marathon	1:26:22	69%	Half Marathon	Silver Star	
29 September 2024	Carole Walters	F60	Barnstaple Half Marathon	1:46:13	80%	Half Marathon	Diamond	
29 September 2024	Maarit Green	F65	Barnstaple Half Marathon	2:15:45	67%	Half Marathon	Silver Star	
29 September 2024	Claire White	F40	Barnstaple Half Marathon	2:24:36	47%	Half Marathon	Commendation	
29 September 2024	Darren Fisher	M55	Barnstaple Half Marathon	2:39:11	44%	Half Marathon	Commendation	

29 September 2024	Adam Tango Holland	Senior Male	Barnstaple Marathon	2:28:23	84%	Marathon	Diamond	
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