Updated 02/04/2019

Award Scheme Records – Men

(Valid times from April 2018 or joining date onwards)

(Time shown in brackets is target time for Sapphire award)

Men

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Tom Andrew	28-Jun-2018 ORC TT 05:53 BRONZE 63.0%	25-Nov-2018 ORC TT 21:24 BRONZE 60.2%	13-May-2018 Bideford 48:22 SAPPHIRE 55.5%	04-Nov-2018 Bideford 1:18:50 SAPPHIRE 56.3%	03-Mar-2019 Bideford 1:45:35 BRONZE 56.0%	
Chris Aylen	07-Jun-2018 ORC TT 07:08 BRONZE 64.1%				24-Mar-2019 Tavy 13 2:03:14 BRONZE 58.8%	
Mike Baker		07-Oct-2018 RITP 21:55 SILVER 67.8%	17-Jun-2018 Exeter Retro Run 45:31 SILVER 68.0%		15-Apr-2018 Tavy 13 1:45:12 SILVER 63.6%	01-Sep-2018 Dartmoor Highground 5:41:35 SAPPHIRE 41.2%
John Binns	07-Jun-2018 ORC TT 05:54 GOLD 74.2%	25-Nov-2018 ORC TT 21:26 GOLD 71.0%	23-Sep-2018 War Horse 50:52 BRONZE 62.3%		15-Apr-2018 Tavy 13 1:50:04 SILVER 62.9%	
Hayden Bond	28-Jun-2018 ORC TT 05:07 GOLD 72.5%	25-Nov-2018 ORC TT 19:35 SILVER 65.8%	31-Mar-2019 Cardiff Bay 38:14 GOLD 70.2%	04-Nov-2018 Bideford 1:04:01 GOLD 69.3%	03-Mar-2019 Bideford 1:25:39 GOLD 69.1%	
Graham Bryant	28-Jun-2018 ORC TT 05:05 GOLD 73.8%	07-Aug-2018 Run Ex 18:20 GOLD 71.1%	24-Feb-2019 Exeter 39:19 GOLD 69.3%			30-Sep-2018 Barnstaple 3:28:00 SILVER 60.0%
Paul Carter	12-Jun-2018 ORC TT 05:21 PLATINUM 81.2%	14-Apr-2018 Barnstaple PR 18:22 PLATINUM 82.3%			08-Apr-2018 Taunton 1:20:16 PLATINUM 85.6%	22-Apr-2018 London 3:06:00 PLATINUM 77.0%
Bradley Chamness-Soper		05-Aug-2018 RITP 21:46 BRONZE 59.2%				
Andy Collyer					09-Sep-2018 Great North Run 2:04:42 SAPPHIRE 51.0%	
Paul Crease		21-Apr-2018 Tavy 5Kool 18:01 PLATINUM 79.2%				
Christian Davies		02-Sep-2018 RITP 20:53 SILVER 64.6%	23-Sep-2018 War Horse 48:09 BRONZE 58.3%			

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Ed Dumpleton		03-Jul-2018 Exeter 19:50 GOLD 69.8%	18-Jul-2018 Exeter 41:23 GOLD 69.6%		08-Apr-2018 Taunton 1:33:57 GOLD 66.7%	
Paul Evison	07-Jun-2018 ORC TT 06:50 GOLD 70.6%	25-Nov-2018 ORC TT 23:16 GOLD 72.0%	24-Feb-2019 Exeter 48:10 DIAMOND 73.1%	04-Nov-2018 Bideford 1:25:35 GOLD 67.3%	03-Mar-2019 Bideford 1:49:56 GOLD 70.5%	
Jason Ewing					23-Sep-2018 Bristol 1:38:18 GOLD 67.5%	
Angus Farrelly		25-Nov-2018 ORC TT 24:07 SAPPHIRE 56.1%				
Ged Fitzgibbon			18-Jul-2018 Exeter 53:18 SILVER 67.3%			
Chris Fulford-Brown		06-Jan-2019 RITP 26:52 BRONZE 61.8%	13-May-2018 Bideford 55:16 BRONZE 62.0%	04-Nov-2018 Bideford 1:27:43 SILVER 64.4%		
Charlie Galley						22-Apr-2018 London 3:37:45 BRONZE 59.2%
Elliott Hails		25-Nov-2018 ORC TT 20:34 BRONZE 62.7%				
George Haskell		07-Aug-2018 Run Ex 18:31 GOLD 69.9%	29-Apr-2018 Flitwick 39:32 GOLD 68.1%	04-Nov-2018 Bideford 1:11:36 SILVER 62.2%	28-Oct-2018 Dartmoor Vale 1:34:37 SILVER 62.8%	30-Sep-2018 Barnstaple 3:20:52 SILVER 62.4%
Mark Hawkins		04-Aug-2018 Exeter R'side PR 20:14 DIAMOND 75.2%			30-Sep-2018 Barnstaple 1:38:56 GOLD 70.0%	10-Mar-2019 Barcelona 3:53:43 SILVER 62.4%
Rob Hicks		04-Nov-2018 RITP 22:37 BRONZE 59.9%				
Geoff Hill				04-Nov-2018 Bideford 1:11:08 GOLD 67.4%	24-Mar-2019 Weston Super 1:24:57 DIAMOND 74.9%	22-Sep-2018 Lochness 3:33:19 SILVER 62.0%

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Derek Jackson					20-Jan-2019 Plym Trail 2:21:10 SAPPHIRE 53.3%	
Paul Jelley				04-Nov-2018 Bideford 1:33:59 (1:32:18) 51.0%	14-Oct-2018 Exeter Great West 2:03:43 SAPPHIRE 51.4%	
Richard Jones			23-Sep-2018 War Horse 59:23 SAPPHIRE 54.3%			
Liam Keen	14-Jun-2018 ORC TT 07:25 (0:06:53) 51.1%	09-Jun-2018 Tamar Lakes PR 27:52 (0:24:24) 47.3%	13-May-2018 Bideford 58:51 (0:51:45) 46.6%		24-Jun-2018 Torbay 2:17:45 (1:56:59) 43.3%	
Robert Kelly	12-Jun-2018 ORC TT 04:56 DIAMOND 78.4%	16-Feb-2019 Tavy 5Kool 17:26 DIAMOND 77.1%	24-Feb-2019 Exeter 35:38 PLATINUM 78.5%	24-Mar-2019 Granite Way 1:00:05 DIAMOND 76.2%	14-Oct-2018 Exeter Great West 1:21:09 DIAMOND 74.8%	30-Sep-2018 Barnstaple 2:58:09 DIAMOND 70.7%
Alan Luffingham	07-Jun-2018 ORC TT 07:34 BRONZE 63.1%					
Richard Owen	07-Jun-2018 ORC TT 06:06 GOLD 73.0%					
Stuart Page		04-Nov-2018 RITP 21:36 SILVER 66.1%				
Tom Priday		04-Nov-2018 RITP 24:05 BRONZE 60.2%				
Jean-Paul Quertier					17-Jun-2018 Guernsey 1:37:18 GOLD 67.6%	
Indigo Ramsey		01-Apr-2018 RITP 21:22 SILVER 64.1%				

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Philip Read	28-Jun-2018 ORC TT 06:31 SILVER 66.1%	10-Nov-2018 Tamar Trails PR 23:54 BRONZE 62.6%	23-Sep-2018 War Horse 51:49 BRONZE 60.2%	04-Nov-2018 Bideford 1:18:48 SILVER 65.0%	15-Apr-2018 Tavy 13 2:05:39 SAPPHIRE 54.2%	23-Dec-2018 Portsmouth 4:04:17 BRONZE 58.1%
Mervyn Rice		05-May-2018 Lanhydrock parkrun 25:54 BRONZE 63.0%	17-Nov-2018 Kendal MF 1:01:13 SAPPHIRE 56.0%			
Robert Richards					24-Mar-2019 Weston Super 1:54:59 BRONZE 60.2%	05-Aug-2018 Gloucester City 5:10:00 SAPPHIRE 46.6%
Alec Robinson	12-Jun-2018 ORC TT 05:22 GOLD 73.1%	06-May-2018 RITP 21:24 BRONZE 63.3%	23-Sep-2018 War Horse 46:31 BRONZE 61.0%		30-Sep-2018 Barnstaple 1:32:39 GOLD 66.5%	
Hugh Robinson		08-Sep-2018 Wanstead Flats PR 18:36 GOLD 73.3%		21-Oct-2018 Great South 1:02:48 DIAMOND 74.0%	02-Sep-2018 Bridgewater 1:24:08 DIAMOND 73.3%	30-Sep-2018 Barnstaple 3:04:37 GOLD 69.3%
Steve Sincock		19-Jan-2019 Tavy 5Kool 19:14 PLATINUM 81.9%	24-Feb-2019 Exeter 38:45 PLATINUM 85.4%	04-Nov-2018 Bideford 1:05:23 PLATINUM 82.6%	03-Mar-2019 Bideford 1:26:43 PLATINUM 83.6%	
Mike Steward		08-Dec-2018 Exeter R'side PR 25:40 SILVER 64.7%				
Jeremy Tandy					03-Mar-2019 Bideford 1:25:37 DIAMOND 74.4%	20-Jan-2019 Plym Trail 3:22:44 GOLD 65.2%
Andrew Thorne	12-Jun-2018 ORC TT 05:49 GOLD 72.3%					20-May-2018 Exeter 3:55:42 BRONZE 58.6%
Phil Turner			18-Jul-2018 Exeter 57:54 (0:54:50) 50.2%			31-Mar-2019 Dorset Ooser 6:24:57 SAPPHIRE 34.3%
Andy Vallance		06-Jan-2019 RITP 19:20 GOLD 70.0%			09-Feb-2019 Exeter HM 1:19:48 PLATINUM 76.6%	20-May-2018 Exeter 3:11:33 GOLD 65.8%

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Andrew Vernon	12-Jun-2018 ORC TT 05:12 PLATINUM 81.3%	04-Sep-2018 Run Ex 18:49 DIAMOND 78.3%	13-May-2018 Bideford 39:57 DIAMOND 76.8%	04-Nov-2018 Bideford 1:07:49 DIAMOND 74.3%	03-Mar-2019 Bideford 1:27:31 PLATINUM 76.5%	
Roger Voaden	12-Feb-2018 ORC TT 05:19 PLATINUM 81.0%				15-Apr-2018 Tavy 13 1:29:41 DIAMOND 75.9%	22-Sep-2018 Lochness 3:10:09 PLATINUM 75.3%
Mike Westland			24-Feb-2019 Exeter City 49:10 GOLD 69.1%	04-Nov-2018 Bideford 1:25:57 SILVER 64.5%	24-Mar-2019 Weston Super 1:49:23 GOLD 68.1%	
Gareth Williams	07-Jun-2018 ORC TT 06:28 SAPPHIRE 58.3%	06-May-2018 RITP 25:00 (0:24:17) 52.4%	13-May-2018 Bideford 53:06 (0:51:28) 51.3%		20-May-2018 Plymouth 1:58:35 (1:56:34) 50.1%	08-Apr-2018 Greater Manchester 5:05:16 SAPPHIRE 40.9%
Cameron Whitelaw	07-Jun-2018 ORC TT 07:29 (0:06:51) 50.3%	09-Jun-2018 Tamar Lakes PR 42:43 (0:24:17) 30.7%	07-Oct-2018 Plymouth 1:10:24 (0:51:28) 38.7%		20-May-2018 Plymouth 2:11:31 (1:56:34) 45.2%	