Updated 24/02/2020

Award Scheme Records – Men

(Valid times from April 2019 or joining date onwards)

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

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Men						
Tom Andrew	21-May-2019 ORC TT 05:53 BRONZE 63.0%		12-May-2019 Bideford 48:28 SAPPHIRE 55.4%	03-Nov-2019 Bideford 1:21:16 SAPPHIRE 54.6%	09-Jun-2019 Ruby Run 1:51:23 SAPPHIRE 53.1%	07-Apr-2019 Great Manchester 4:17:19 SAPPHIRE 48.5%
Neil Agnew				03-Nov-2019 Bideford 1:14:45 GOLD 68.0%		
Mike Baker		07-Apr-2019 RITP 21:59 SILVER 67.6%				
David Bates		25-Dec-2019 Exeter R'side PR 21:28 DIAMOND 78.8%	06-Oct-2019 Plymouth 43:43 PLATINUM 80.5%	03-Nov-2019 Bideford 1:11:10 PLATINUM 81.7%	15-Sep-2019 Bristol 1:37:20 PLATINUM 79.6%	
John Binns		24-Aug-2019 Tamar Lakes PR 21:54 GOLD 70.1%			09-Jun-2019 Ruby Run 1:45:10 GOLD 66.5%	
Peter Bollom	14-May-2019 ORC TT 06:36 SILVER 69.8%				09-Jun-2019 Ruby Run 2:10:56 SAPPHIRE 55.9%	
Hayden Bond	21-May-2019 ORC TT 05:08 GOLD 72.2%	17-Aug-2019 Tavy 5Kool 17:39 GOLD 73.0%	12-May-2019 Bideford 38:16 GOLD 70.1%	03-Nov-2019 Bideford 1:00:19 DIAMOND 73.5%	08-Feb-2020 Exeter 1:17:54 PLATINUM 76.0%	
Graham Bryant	21-May-2019 ORC TT 05:15 GOLD 71.8%	06-Aug-2019 Run Ex 18:30 GOLD 70.9%	19-Jan-2020 First Chance 39:11 GOLD 69.6%	03-Nov-2019 Bideford 1:05:56 GOLD 67.8%	25-Aug-2019 Severn Bridge 1:39:53 BRONZE 59.5%	29-Sep-2019 Barnstaple 3:24:15 SILVER 61.1%
Paul Carter		17-Aug-2019 Tavy 5Kool 19:11 PLATINUM 79.4%		03-Nov-2019 Bideford 1:06:48 PLATINUM 78.0%	07-Apr-2019 Taunton 1:22:54 PLATINUM 83.6%	28-Apr-2019 London 3:00:33 PLATINUM 80.1%
Paul Crease					08-Feb-2020 Exeter 1:21:18 PLATINUM 80.3%	

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Robert Cunnington		24-Nov-2019 ORC TT 26:00 SAPPHIRE 57.1%				
Peter Dixon					08-Feb-2020 Exeter 1:34:03 DIAMOND 71.1%	
Ed Dumpleton		06-Apr-2019 S Manchester PR 25:19 SAPPHIRE 57.8%	12-May-2019 Bideford 50:24 BRONZE 60.4%			
Paul Evison	17-Sep-2019 ORC TT 06:17 DIAMOND 77.4%	10-Sep-2019 Run Ex 22:23 DIAMOND 75.6%	12-May-2019 Bideford 47:22 DIAMOND 74.3%	03-Nov-2019 Bideford 1:18:38 DIAMOND 73.9%	07-Apr-2019 Taunton 1:47:04 DIAMOND 72.4%	19-Jan-2020 Gloucester 3:56:57 GOLD 68.7%
Angus Farrelly	07-May-2019 ORC TT 06:28 BRONZE 60.7%	24-Nov-2019 ORC TT 23:34 SAPPHIRE 57.9%	05-May-2019 Glastonbury 48:28 BRONZE 58.6%	03-Nov-2019 Bideford 1:22:46 SAPPHIRE 56.2%	13-Oct-2019 Great West Run 1:55:06 SAPPHIRE 53.5%	31-Aug-2019 Dartmoor Highground 6:43:42 SAPPHIRE 31.7%
Jim Fitton	23-May-2019 ORC TT 06:35 BRONZE 62.4%					
Ged Fitzgibbon	21-May-2019 ORC TT 06:35 DIAMOND 76.1%		05-May-2019 Bristol 51:23 GOLD 70.5%			
Chris Fulford-Brown				03-Nov-2019 Bideford 1:40:05 BRONZE 57.0%		
Rob Hicks		21-Jul-2019 RITP 24:11 SAPPHIRE 56.4%	26-Aug-2019 Lustleigh 45:14 BRONZE 62.8%			
Geoff Hill	17-Sep-2019 ORC TT 04:39 PLATINUM 87.0%	20-Jul-2019 Tavy 5Kool 17:32 PLATINUM 80.2%	01-Sep-2019 Bridgewater 36:37 PLATINUM 79.9%		11-Aug-2019 Dublin 1:22:21 PLATINUM 77.3%	
Derek Jackson		06-Oct-2019 RITP 26:10 BRONZE 63.5%				
Robert Kelly	17-Sep-2019 ORC TT 04:54 DIAMOND 79.5%	14-Sep-2019 Exmouth PR 16:54 PLATINUM 80.1%	07-Jul-2019 Barnstaple 37:43 DIAMOND 74.7%		07-Apr-2019 Taunton 1:19:33 PLATINUM 76.3%	29-Sep-2019 Barnstaple 2:51:04 DIAMOND 74.2%

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Joseph Lane		05-Jan-2020 RITP 24:48 SAPPHIRE 54.2%			22-Feb-2020 Hameldowns Hammer 1:57:53 SAPPHIRE 51.5%	
Alan Luffingham	14-May-2019 ORC TT 07:41 BRONZE 62.7%				09-Jun-2019 Ruby Run 2:07:42 BRONZE 60.1%	
Ian Page		03-Aug-2019 Killerton PR 23:21 GOLD 72.5%				
Richard Pike		29-Jun-2019 Tamar Lakes PR 26:10 BRONZE 61.2%				
Matt Pitson						28-Apr-2019 London 3:07:46 GOLD 67.1%
Sam Priday		03-Nov-2019 RITP 18:20 DIAMOND 75.9%	25-Jan-2020 Exeter Epic Trail 38:25 DIAMOND 75.4%			
Mervyn Rice			16-Nov-2019 Kendal MF 1:02:04 SAPPHIRE 55.7%			
Matthew Richards		24-Nov-2019 ORC TT 18:02 PLATINUM 80.4%				
Robert Richards			01-Dec-2019 Akiles 56:11 SAPPHIRE 56.9%	03-Nov-2019 Bideford 1:22:26 SILVER 63.8%	07-Dec-2019 Plym Trail 2:09:58 SAPPHIRE 53.8%	31-Aug-2019 Dartmoor Highground 5:55:24 SAPPHIRE 41.0%
Hugh Robinson	21-May-2019 ORC TT 05:01 DIAMOND 78.8%	27-Apr-2019 Roding PR 22:08 BRONZE 62.1%			07-Apr-2019 Taunton 1:20:44 PLATINUM 76.4%	28-Apr-2019 London 2:56:52 DIAMOND 72.9%
Steve Sincock	17-Sep-2019 ORC TT 05:28 PLATINUM 83.6%	10-Sep-2019 Run Ex 18:50 PLATINUM 84.4%	19-Jan-2020 First Chance 38:30 PLATINUM 85.9%	03-Nov-2019 Bideford 1:03:43 PLATINUM 85.5%	04-Aug-2019 Indian Queens 1:25:41 PLATINUM 84.6%	28-Apr-2019 Shakespeare 3:08:44 PLATINUM 80.3%

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
Jonathan Stephens					08-Feb-2020 Exeter 1:23:06 DIAMOND 74.8%	
Mike Steward		17-Aug-2019 B'ham & Highbridge PR 23:52 GOLD 70.2%				
Jeremy Tandy	14-May-2019 ORC TT 05:13 DIAMOND 78.1%	10-Sep-2019 Run Ex 17:54 PLATINUM 79.2%	17-Jul-2019 Exeter 38:02 DIAMOND 77.6%	12-Nov-2019 Run from the Romans 1:18:01 SILVER 62.0%	08-Feb-2020 Exeter 1:23:45 PLATINUM 76.6%	07-Apr-2019 Great Manchester 3:02:52 DIAMOND 72.3%
Andrew Thorne	21-May-2019 ORC TT 06:00 GOLD 70.6%		19-Jan-2020 First Chance 47:07 SILVER 65.1%			12-May-2019 Plym Trail 3:41:25 SILVER 62.9%
Martin Trerise						01-Feb-2019 South Devon Coastal 6:41:22 SAPPHIRE 31.1%
Chris Turner		29-Jun-2019 Exeter R'side PR 23:19 SAPPHIRE 55.4%	17-Jul-2019 Exeter 40:07 SILVER 66.9%	19-Jan-2020 Storm Force 1:04:42 GOLD 68.6%		04-Aug-2019 Something Wild 4:44:49 SAPPHIRE 43.8%
Andy Vallance	17-Sep-2019 ORC TT 05:05 DIAMOND 77.2%	26-Oct-2019 Burnag PR 19:42 GOLD 69.2%		19-Jan-2020 Storm Force 59:46 PLATINUM 77.8%	08-Feb-2020 Exeter 1:19:52 PLATINUM 77.2%	28-Apr-2019 London 2:56:52 DIAMOND 71.7%
Andrew Vernon	21-May-2019 ORC TT 05:06 PLATINUM 83.8%	04-Jun-2019 Run Ex 18:47 PLATINUM 79.1%	12-May-2019 Bideford 38:53 PLATINUM 79.6%	03-Nov-2019 Bideford 1:05:46 PLATINUM 77.2%	09-Jun-2019 Ruby Run 1:28:14 PLATINUM 76.5%	07-Apr-2019 Vienna City 3:17:13 DIAMOND 70.7%
Roger Voaden		02-Jul-2019 Run Ex 18:45 PLATINUM 80.6%			22-Sep-2019 Swindon 1:25:45 PLATINUM 80.8%	28-Apr-2019 London 2:59:02 PLATINUM 80.0%
Mike Westland			28-Sep-2019 Lee Valley 49:48 GOLD 68.2%	03-Nov-2019 Bideford 1:19:49 GOLD 70.2%	23-Jun-2019 Torbay 1:51:02 GOLD 67.1%	06-Oct-2019 Bournemouth 4:07:45 SILVER 63.0%
Gareth Williams		05-May-2019 RITP 24:15 SAPPHIRE 54.3%				