

Award Scheme Records - Men  
 (Valid times from April 2011 or joining date onwards)  
 (Time shown in brackets is target time for Bronze award)

| Name                                    | 1 mile   | 5K   | 10K  | 10 mile   | Half Marathon  | Marathon  |
|---|--|--|--|---|--|---|
| <b>Under 18's</b>                       |  |  |  |   |  |   |
| Harry Baker                             |  | 9-Aug-2011<br>Oke TT<br>17:49<br><b>GOLD</b>           |  |   |  |   |
| Toby Gostling                           |  | 7-Jun-2011<br>Oke TT<br>19:53<br><b>SILVER</b>         |  |   |  |   |
| Nick Seccombe                           | 6-Sep-2011<br>Oke TT<br>4:59<br><b>GOLD</b>    | 13-Sep-2011<br>Club Handicap<br>18:58<br><b>SILVER</b> |  | 27-Nov-2011<br>Bicton Blister<br>1:14:24<br><b>BRONZE</b>                     | 7-Aug-2011<br>Isle of Mull<br>1:30:11<br><b>SILVER</b> |   |
| George Speak                            | 19-May-2011<br>Oke TT<br>4:50<br><b>GOLD</b>   |  | 8-Jan-2012<br>First Chance<br>38:50<br><b>SILVER</b>   |   |  |   |
| <b>Senior Men</b>                       |  |  |  |   |  |   |
| Matthew Bates                           |  | 2-Jun-2011<br>Oke TT<br>21:26<br><b>BRONZE</b>         |  |   |  |   |
| Paul Crease<br>JOINT HARDEST<br>TRAINER | 27-Mar-2012<br>Oke TT<br>5:07<br><b>GOLD</b>   | 2-Jun-2011<br>Oke TT<br>18:16<br><b>GOLD</b>           | 1-May-2011<br>Bere Pen 10K<br>40:36<br><b>SILVER</b>   | 10-Apr-2011<br>5 Tors<br>1:16:40<br><b>BRONZE</b>                             |  |   |
| Tom Gill                                | 3-May-2011<br>Oke TT<br>4:51<br><b>GOLD</b>    |  | 8-Jan-2012<br>First Chance<br>38:28<br><b>SILVER</b>   |   |  |   |
| Paul Grainge                            | 3-May-2011<br>Oke TT<br>5:31<br><b>SILVER</b>  | 2-Jun-2011<br>Oke TT<br>20:23<br><b>BRONZE</b>         |  |   |  | 17-Apr-2011<br>London<br>3:53:57<br><b>BRONZE</b> |
| Geoff Hill                              | 19-May-2011<br>Oke TT<br>5:00<br><b>GOLD</b>   |  |  |   |  |   |
| James Speak                             |  | 9-Aug-2011<br>Oke TT<br>21:22<br><b>BRONZE</b>         |  |   |  |   |
| Andy Vallance<br>HIGHEST<br>ACHIEVER    | 19-May-2011<br>Oke TT<br>4:59<br><b>GOLD</b>   | 2-Jun-2011<br>Oke TT<br>17:25<br><b>GOLD</b>           | 17-Aug-2011<br>Exeter city-run<br>36:15<br><b>GOLD</b> | 19-Feb-2012<br>Plymouth Hoe 10<br>58:21<br><b>GOLD</b>                        | 12-Feb-2012<br>Exeter<br>1:16:53<br><b>GOLD</b>        | 9-Oct-2011<br>Eden<br>3:07:19<br><b>SILVER</b>    |
| Alastair Watt                           | 3-May-2011<br>Oke TT<br>5:46<br><b>BRONZE</b>  | 2-Jun-2011<br>Oke TT<br>21:15<br><b>BRONZE</b>         | 15-May-2011<br>Bideford<br>44:30<br><b>BRONZE</b>      | 27-Nov-2011<br>Bicton Blister<br>1:27:23<br><i>(1:18:00)</i><br><b>BRONZE</b> | 12-Jun-2011<br>Ruby Run<br>1:43:50<br><b>BRONZE</b>    |   |
| Matthew Way                             | 19-May-2011<br>Oke TT<br>7:39<br><i>(6:30)</i> | 2-Jun-2011<br>Oke TT<br>29:03<br><i>(22:30)</i>        |  |   |  |   |

| Veteran 40+                              |   |   |   |  |  |   |
|--|---|---|---|--|--|---|
| Darren Duffy                             |   | 7-Jun-2011<br>Oke TT<br>21:43<br>BRONZE       |   |  | 1-May-2011<br>GWR<br>1:44:13<br>BRONZE       |   |
| Bryan Friend                             | 19-May-2011<br>Oke TT<br>5:10<br>GOLD   | 7-Jun-2011<br>Oke TT<br>18:46<br>GOLD         | 15-May-2011<br>Bideford<br>40:29<br>SILVER      |  |  | 17-Apr-2011<br>London<br>3:13:48<br>SILVER        |
| Chris Hancock                            |   | 2-Aug-2011<br>Run Exe 5K<br>23:41<br>(23:00)  | 15-May-2011<br>Bideford<br>53:31<br>(47:00)     |  |  |   |
| Greg Miller                              |   | 2-Jun-2011<br>Oke TT<br>24:41<br>(23:00)      |   |  |  |   |
| Dave Mugliston                           |   | 7-Jun-2011<br>Oke TT<br>20:05<br>SILVER       | 15-May-2011<br>Bideford<br>41:26<br>SILVER      | 27-Nov-2011<br>Bicton Blister<br>1:17:58<br>BRONZE     |  | 17-Apr-2011<br>London<br>3:47:45<br>BRONZE        |
| Gavin Punched                            | 19-May-2011<br>Oke TT<br>5:21<br>GOLD   | 7-Jun-2011<br>Oke TT<br>18:41<br>GOLD         |   |  | 1-May-2011<br>GWR<br>1:26:28<br>SILVER       | 17-Apr-2011<br>London<br>2:57:13<br>GOLD          |
| Jason Walker                             |   | 7-Jun-2011<br>Oke TT<br>27:05<br>(23:00)      |   |  |  |   |
| Tim Watson                               | 3-May-2011<br>Oke TT<br>5:39<br>SILVER  | 7-Jun-2011<br>Oke TT<br>20:23<br>SILVER       | 8-Jan-2012<br>First Chance<br>45:37<br>BRONZE   | 27-Nov-2011<br>Bicton Blister<br>1:26:51<br>(1:19:00)  |  |   |
| Alastair Watt                            |   |   |   | 29-Jan-2012<br>Braunton 10<br>1:18:32<br>BRONZE        |  |   |
| Veteran 45+                              |   |   |   |  |  |   |
| Bryan Friend                             | 6-Sep-2011<br>Oke TT<br>5:09<br>DIAMOND | 13-Sep-2011<br>Club Handicap<br>19:29<br>GOLD | 17-Aug-2011<br>Exeter city-run<br>39:11<br>GOLD | 2-Oct-2011<br>Teign Valley Toddle<br>1:12:08<br>SILVER | 12-Feb-2012<br>Exeter<br>1:27:54<br>GOLD     | 16-Oct-2011<br>Dartmoor Vale<br>3:18:09<br>SILVER |
| Richard Owen<br>JOINT HARDEST<br>TRAINER | 8-Sep-2011<br>Oke TT<br>6:17<br>BRONZE  |   |   |  |  |   |
| Detlef Schoenfeld                        |   |   |   | 9-Oct-2011<br>Bideford<br>1:16:25<br>BRONZE            |  |   |
| Roger Voaden                             | 3-May-2011<br>Oke TT<br>5:05<br>DIAMOND | 2-Jun-2011<br>Oke TT<br>17:32<br>DIAMOND      | 15-May-2011<br>Bideford<br>36:38<br>DIAMOND     | 19-Feb-2012<br>Plymouth Hoe 10<br>1:00:54<br>GOLD      | 12-Feb-2012<br>Exeter<br>1:19:17<br>DIAMOND  | 17-Apr-2011<br>London<br>2:57:00<br>GOLD          |
| Brian Welham                             | 8-Sep-2011<br>Oke TT<br>6:38<br>BRONZE  | 2-Jun-2011<br>Oke TT<br>23:16<br>BRONZE       | 8-Jan-2012<br>First Chance<br>50:31<br>(49:00)  | 27-Nov-2011<br>Bicton Blister<br>1:36:25<br>(1:24:00)  | 12-Feb-2012<br>Exeter<br>1:47:26<br>BRONZE   |   |
| Veteran 50+                              |   |   |   |  |  |   |
| Chris Ayles                              |   | 2-Jun-2011<br>Oke TT<br>24:29<br>BRONZE       |   | 10-Jul-2011<br>Wellington<br>1:26:10<br>BRONZE         | 18-Sep-2011<br>Truro<br>1:53:20<br>BRONZE    | 29-Oct-2011<br>Snowdonia<br>4:32:55<br>BRONZE     |
| Peter Bollom                             |   | 2-Jun-2011<br>Oke TT<br>23:33<br>BRONZE       |   |  | 12-Feb-2012<br>Exeter<br>1:42:17<br>BRONZE   |   |
| David Way<br>MOST<br>IMPROVED            | 19-May-2011<br>Oke TT<br>6:35<br>BRONZE | 2-Jun-2011<br>Oke TT<br>23:31<br>BRONZE       |   |  | 29-May-2011<br>Plymouth<br>1:58:26<br>SILVER |   |

| Veteran 55+                   |                               |                                   |                                     |  |   |  |
|-------------------------------|-------------------------------|-----------------------------------|-------------------------------------|--|---|--|
| Chris Fulford-Brown           | 3-May-2011<br>Oke TT<br>6:44  | 7-Jun-2011<br>Oke TT<br>25:24     | 27-Mar-2011<br>GWR Warm-up<br>52:21 |  |   |  |
|                               | SILVER                        | BRONZE                            | BRONZE                              |  |   |  |
| Alan Luffingham               | 19-May-2011<br>Oke TT<br>6:41 | 7-Jun-2011<br>Oke TT<br>25:12     | 8-Jan-2012<br>First Chance<br>50:51 |  | 12-Jun-2011<br>Ruby Run<br>1:59:57      |  |
|                               | SILVER                        | BRONZE                            | BRONZE                              |  | BRONZE                                  |  |
| Mervyn Rice                   |                               | 2-Aug-2011<br>Run Exe 5K<br>21:05 | 8-Jan-2012<br>First Chance<br>43:29 | 22-Jan-2012<br>Storm Force 10<br>1:12:51 | 16-Oct-2011<br>Dartmoor Vale<br>1:39:18 |  |
|                               |                               | GOLD                              | GOLD                                | GOLD                                     | GOLD                                    |  |
| Mike Steward                  | 19-May-2011<br>Oke TT<br>6:28 |                                   |                                     |  |   |  |
|                               | SILVER                        |                                   |                                     |  |   |  |
| David Way<br>MOST<br>IMPROVED |                               |                                   | 6-Nov-2011<br>Plymouth<br>51:37     |  |   |  |
|                               |                               |                                   | BRONZE                              |  |   |  |
| Veteran 65+                   |                               |                                   |                                     |  |   |  |
| Dennis Thorpe                 |                               |                                   |                                     |  |   |  |

Updated 08/05/2012