

Award Scheme Records – Men
 (Valid times from April 2012 or joining date onwards)
 (Time shown in brackets is target time for Bronze award)

Name	1 mile	5K	10K	10 mile	Half Marathon	Marathon
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Under 18's

Harry Baker						
Nick Seccombe					15-04-2012 Tavy13 1:27:52 SILVER	

Senior Men

Steve Gentle	12-07-2012 ORC TT 4:56 GOLD		12-05-2012 Ivybridge 36:12 GOLD			22-04-2012 London 2:55:00 GOLD
Matt Harding	08-05-2012 ORC TT 5:54 BRONZE					
Geoff Hill	08-05-2012 ORC TT 4:55 GOLD		16-08-2012 Exeter 42:05 BRONZE		14-10-2012 Cardiff 1:36:04 BRONZE	
Robert Kelly Most Improved	03-07-2012 ORC TT 4:58 GOLD	11-09-2012 ORC Handicap 18:54 SILVER	16-08-2012 Exeter 38:09 SILVER		03-03-2013 Bideford 1:21:05 GOLD	21-10-2012 Dartmoor Vale 3:32:48 BRONZE
Adrian Kettle	06-09-2012 ORC TT 5:15 GOLD			24-02-2013 Dalwood Hills 1:19:57 (1:18:00)		
Simon Pound	12-07-2012 ORC TT 7:16 (6:30)					
Joe Rice	10-05-2012 ORC TT 5:40 SILVER					
Nick Seccombe	12-07-2012 ORC TT 4:54 GOLD	14-06-2012 ORC TT 18:34 SILVER		04-11-2012 Bideford 1:08:00 SILVER	24-06-2012 Torbay 1:31:52 SILVER	
Andy Vallance Highest Achiever	08-05-2012 ORC TT 4:49 GOLD	04-09-2012 Run Exe 5K 17:16 GOLD	12-05-2012 Ivybridge 35:41 GOLD	27-01-2013 Braunton 1:00:33 GOLD	10-02-2013 Exeter 1:16:59 GOLD	22-04-2012 London 2:44:40 GOLD

Veteran 40+

Paul Crease	10-05-2012 ORC TT 4:56 GOLD	09-08-2012 ORC TT 18:11 GOLD	12-05-2012 Ivybridge 39:07 SILVER			
Dave Mugliston		28-06-2012 ORC TT 19:53 SILVER	13-05-2012 Bideford 41:09 SILVER	17-02-2013 Plymouth Hoe 1:06:16 SILVER	03-03-2013 Bideford 1:26:41 SILVER	01-04-2012 Taunton 3:37:15 BRONZE
Andrew Vernon	08-05-2012 ORC TT 5:04 GOLD	09-08-2012 ORC TT 18:28 GOLD	13-05-2012 Bideford 38:50 GOLD	17-02-2013 Plymouth Hoe 1:06:04 SILVER	03-03-2013 Bideford 1:23:07 GOLD	
Tim Watson						24-06-2012 North Devon 4:54:24 BRONZE

Veteran 45+

Paul Carter	06-09-2012 ORC TT 5:19 GOLD	11-11-2012 ORC Handicap 19:22 GOLD		17-02-2013 Plymouth Hoe 1:04:21 GOLD	03-03-2013 Bideford 1:23:23 GOLD	21-10-2012 Dartmoor Vale 3:15:49 SILVER
Bryan Friend	08-05-2012 ORC TT 5:07 DIAMOND	09-08-2012 ORC TT 19:08 GOLD	13-05-2012 Bideford 39:44 GOLD	04-11-2012 Bideford 1:05:59 GOLD	03-03-2013 Bideford 1:26:43 GOLD	21-10-2012 Dartmoor Vale 3:26:52 SILVER
David Harding	06-09-2012 ORC TT 7:26 (6:55)	12-06-2012 ORC TT 28:06 (24:00)		04-11-2012 Bideford 1:40:22 (1:24:00)	14-10-2012 Cardiff 2:15:13 (1:55:00)	
Greg Miller		06-06-2012 Run Exe 5K 22:50 BRONZE				
Gavin Punchard	10-05-2012 ORC TT 5:26 GOLD	04-09-2012 Run Exe 5K 19:24 GOLD	17-03-2013 Mad March Hare 41:34 SILVER		30-09-2012 Bristol 1: 27:04 GOLD	22-04-2012 London 3:03:51 GOLD
Detlef Schoenfeld					16-09-2012 Truro 1:49:17 BRONZE	
Roger Voaden	08-05-2012 ORC TT 4:59 DIAMOND	09-08-2012 ORC Handicap 18:41 GOLD	13-05-2012 Bideford 36:19 DIAMOND	04-11-2012 Bideford 1: 00:55 GOLD	03-03-2013 Bideford 1:18:23 DIAMOND	22-04-2012 London 2:57:19 GOLD
Brian Welham	12-07-2012 ORC TT 6:23 BRONZE				10-06-2012 Ruby Run 1:51:51 BRONZE	

Veteran 50+

Chris Aylen Hardest Trainer			01-12-2012 Reindeer Run 58:28 (52:00)	04-11-2012 Bideford 1: 22:19 BRONZE	10-06-2012 Ruby Run 1:52:46 BRONZE	27-10-2012 Snowdonia 4:22:47 BRONZE
Peter Bollom	12-07-2012 ORC TT 6:12 SILVER	09-08-2012 ORC TT 23:35 BRONZE		27-01-2013 Braunton 1:32:00 (1:30:00)	21-10-2012 Dartmor Vale 2:06:09 (2:05:00)	01-04-2012 Taunton 4:11:05 BRONZE
Richard Owen	03-07-2012 ORC TT 6:05 SILVER					

Veteran 55+

Derek Jackson	06-09-2012 ORC TT 6:03 GOLD	11-09-2012 ORC Handicap 22:36 SILVER		20-01-2013 Storm Force 1: 11:02 GOLD	16-09-2012 Truro 1: 40:33 GOLD	07-10-2012 Chester 3:28:41 GOLD
Alan Luffingham	10-05-2012 ORC TT 6:43 SILVER	14-06-2012 ORC TT 24:35 BRONZE			10-06-2012 Ruby Run 2:14:40 BRONZE	22-04-2012 London 4:51:13 BRONZE
Mervyn Rice	12-07-2012 ORC TT 5:27 DIAMOND	04-09-2012 Run Exe 5K 20:46 GOLD	12-05-2012 Ivybridge 43:39 GOLD	24-06-2012 Lanhydrock 10 1:23:57 SILVER	203-03-2013 Bideford 1:49:04 SILVER	01-07-2012 Coniston Trail 5:00:55 BRONZE
David Way	06-09-2012 ORC TT 7:03 BRONZE					22-04-2012 London 4:51:14 BRONZE

Updated 07/04/2013