

2011 HONOURS BOARD

Only recent outstanding performances are featured : for the full board for the year, see the club website

3 January. First Chance 10K, Exeter F40 1ST. Caroline Steven
NEW CLUB RECORD 39.59

17 January. Westward League, Bideford SF 1ST. Jo Meek
M45 1ST. Tony Symons
M50 1ST. Richard Drage
M55 1ST. Steve Groombridge

20 February. **Plymouth Hoe 10 : COUNTY 10 MILE CHAMPIONSHIP**
Ladies Open Champion Jo Meek
Men Vets 50 Champion Tony Symons

Westward Cross Country League SF 1ST. Jo Meek
(over 6 events) F35 2ND. Becca Deane
F40 1ST. Caroline Steven
U13B 1ST. Jordan Channon

TEAMS : SENIOR MEN 3RD.
VET MEN 1ST.

Richard Drage, Tony Symons, Chris Champion & Steve Groombridge

U17 MEN 3RD.

U15 BOYS 3RD.

SENIOR LADIES 1ST.

Jo Meek, Becca Deane, Caroline Steven & Heather Fell

THIS IS THE FIRST TIME THAT THE LADIES HAVE WON THIS !

U13 GIRLS 3RD.

3 April. Taunton Marathon SF 1ST. Becky Mingo
M50 1ST. Tony Symons
Taunton Half Marathon SF 1ST. Jo Meek

10 April. **Tavy 13 : COUNTY HALF MARATHON CHAMPIONSHIP**
Ladies Open Champion Becky Mingo
Men Vets 55 Champion Pete Bazley

Mens Vet Team Champions :

Pete Bazley, Wally Lake & Tony Shearer

17 April. **EUROPEAN DUATHLON CHAMPIONSHIPS, Limerick**
Rupert Warren represented GB in the M40 category. He was 4th. Brit. in a time of 1.58.16 and 12th. out of 36 overall and has been selected for the GB Team in the World Champs.

14 May. Ivybridge 10K SM 1ST. Jim Cole
M55 1ST. Pete Bazley

15 May. Bideford 10K F40 1ST. Caroline Steven
F50 1ST. Kate Rogers

14/15 May.	DEVON COUNTY TRACK & FIELD CHAMPIONSHIPS County Champions : SF : Heather Fell : 3000M & 5000M U15 Boys : Patrick Channings : 100M, 200M & 400M M55 : Allan Herdman : 400M, 800M M50 : Richard Drage : 5000M M50 : Tony Symons : 3000M SM : Adam Holland : Triple Jump			
22 May.	Tewkesbury Half Marathon	M60	1ST.	Mike Erith
29 May.	Plymouth Half Marathon	M55	1ST.	Pete Bazley
30 May.	Newry City Marathon	SF	1ST.	Sharon Daw
4 June.	Saltram 5K	M55	1ST.	Pete Bazley
		FU20	1ST.	Laura Aspen
6 June.	Cubert 5, Newquay	SM	1ST.	Jim Cole
		M50	1ST.	Tony Symons
12 June.	Plym Valley Challenge	SF	1ST.	Becky Mingo
17 June.	Albaston Relays		1ST.	OVERALL
	Sam Lane de Courtin, Josh Boon, James Best & Josh Stevens			
18 June.	Burrator Horseshoe	M45	1ST.	Chris Eastaugh
	(New Record)	SF	1ST.	Jo Meek
		MU18	1ST.	Harrison Baker
		M65	1ST.	Andy Houghton
		F60	1ST.	Sheila Houghton
19 June.	SOUTH WEST VETS TRACK & FIELD CHAMPIONSHIPS Champions : F40 : Caroline Steven : 800M. & 1500M M50 : Richard Drage : 1500M M50 : Tony Symons : 800M M60 : Mike Erith : 400M & 800M			
26 June.	Lanhydrock 10 (miles)	M65	1ST.	Andy Houghton
1 July.	Erme Valley Relays		1ST.	
	Richard Drage, Chris Champion, Tony Symons & Jim Cole			
3 July.	Launceston 10 (miles)	SM	1ST.	Jim Cole
	Bovey Tracey Half Marathon	SM	1ST.	Adam Holland
		M55	1ST.	Pete Bazley
6 July.	Cosden Hill Race	U18M	1ST.	Harrison Baker
9 July.	Duckponds 7K	SM	1ST.	Adam Holland
		M65	1ST.	Trevor Williams
10 July.	Brickfields T & F Meeting	SM	1ST.	Adam Tofield 800 M
				NEW CLUB RECORD 2.05.7
13 July.	Yeovilton 5K	SM		Jim Cole
				NEW CLUB ROAD RACE RECORD 15.12
14 July.	Tavy Town Relays : Senior		1ST.	
	Jim Cole, Richard Drage, Adam Tofield & Adam Holland			

Year 5/6 Boys 1ST.

Joe O'Loughlin, Billy Matthews, George Bumford & Harry Herdman

Year 5/6 Girls 1ST.

Olivia Kinnear, Freya Hopkins, Izzy Hillier & Jenny Milburn

Year 7/8 Girls 1ST.

Abbie Ingram, Jade Kinsey, Jodie Stacey & Jess Kent-Woolsey

Year 9/10 Boys 1ST. Harrison Baker,

Jordan Channon, James Best & Sam Lane de Courtin

15 July.	Chudleigh Carnival 6 miles	SF	1ST.	Jo Meek
16 July.	Haytor Heller	SF	1ST.	Jo Meek

EUROPEAN YOUTH MODERN PENTATHLON CHAMPIONSHIPS

Alice Rogers represented GB in Individual & Relay events,
the third time she has represented the country this year

3 August.	Sourton Tors Race	M65	1ST.	Andy Houghton
6 August.	Cornwood 10K	SM	1ST.	Adam Holland
13 August.	Less Than 10K	SM	1ST.	Adam Holland
		SF	1ST.	Jo Meek
		M45	1ST.	Jon Meek
		F45	1ST.	Sharon Daw
14 August.	Sidmouth Festival 10K	SM	1ST.	Adam Holland
27 August.	Dartmouth Regatta Road Race	SF	1ST.	Jo Meek
28 August.	Peter Tavy Plod	SM	1ST.	Jim Cole
		M40	1ST.	Richard Drage
		SF	1ST.	Jo Meek
30 August.	Exeter Arena	SM		Adam Tofield 800M
			NEW CLUB RECORD	2.04.59
11 Sept.	Bristol Half Marathon	SM	18	Jim Cole
			NEW CLUB RECORD	1.09.33
	Ivybridge Beacon Challenge	M50	1ST.	Tony Symons
		M55	1ST.	Steve Groombridge
18 Sept.	6 Moor Miles	SM	1ST.	Jim Cole
		M50	1ST.	Richard Drage
		F40	1ST.	Becca Deane
		M65	1ST.	Trevor Williams
		F65	1ST.	Ann Woodhouse
	Truro Half Marathon	SF	1ST.	Jo Meek
2 October.	British Masters Athletic Federation 10K Road Race Champs.			
		Ladies 35 - 44	3RD.	Caroline Steven
NATIONAL CHAMPIONS	Ladies 35 - 44 Team		1ST.	
	Caroline Steven, Becca Deane & Kate Rogers			
	Men 45 - 54 Team		2ND.	
	Richard Drage, Chris Champion & Tony Symons			
9 October.	Bideford 10 Miles	F65	1ST.	Ann Woodhouse
	Autumn Trail	M45	1ST.	Charlie Lloyd

GRAND PRIX WINNERS :		Ladies	1ST.	Ann Woodhouse
			2ND.	Becky Mingo
			3RD.	Hazel Walker
		Men	1ST.=	Trevor Williams
				Pete Bazley
			3RD.	David Twine
12 October.	Plymouth Winter 3K Series	U15F?	1ST.	Emily Attfield
15 October.	Mouth to Mouth 10K, Bude	SF	1ST.	Jo Meek
16 October.	Cardiff Half Marathon	SM	8	Jim Cole
			NEW CLUB RECORD	1.09.31
	Dartmoor Vale 10K	M50	1ST.	Tony Symons
29 October.	Sourton Scramble	SF	1ST.	Jo Meek
		M50	1ST.	Richard Drage
	Youth Achievement Award	U17M	1ST.	Harrison Baker
30 October.	Mount Edgcumbe 10K	SF	1ST.	Becca Deane
6 November.	Plymouth 10K	SF	3RD.	Jo Meek
		M50	1ST.	Allan Herdman
	Templer 10	M55	1ST.	David Twine
		Cornwall XC Champion	M50	Martin Exley
13 November.	Seaton Valley 5 miles MT		1ST.	Richard Drage
26 November.	Wythenshawe Park 5K	F50	2ND.	Kate Rogers
			NEW CLUB RECORD	23.38
27 November.	Bicton Blister 10 miles MT		1ST.	Jim Cole
		M50	1ST.	Tony Symons
4 December.	DEVON CROSS COUNTRY CHAMPIONSHIPS			
	Senior Men		2ND.	Jim Cole
	County Champion	M50		Tony Symons
	Teams : Senior Men		2ND.	
	Jim Cole, Tony Symons, Chris Champion, Charlie Lloyd, Allan Herdman, Bob Chapman			
	Vet Men		2ND.	
	Tony Symons, Chris Champion, Charlie Lloyd			
	U17 Men		1ST.	
	Harrison Baker, Dean Smith, James Best			