

2015

December	Liz Lee	132nd 1.36.50 and 1st O60 male in the Cockington Christmas Caper
November	Sue Hayes	1st lady home for the club 130th place 1.29.55 in the Templar 10
October	Colin Peters	for organising and running the Churston Flyer
September	Mark Stockman & Marc Jones	Mark Stockman for City to Sea 53 miles - 10th in 11hrs 48 min. Marc Jones for the Brecon Beacons 10 Peaks - 51st out of 100+ runners - 58 miles in 20:26
August	Louise Lewry	for the Torbay 10k - 153rd in 48:58
July	Jean Grierson-Jackson	for the Charmouth Challenge - winner of the O60 prize in 1:24:12
June	Melanie Searle	for her marvellous marmalade sales - proceeds of which went to the Chair's Charity
May	John Drennan	for organising the Quiz Night, for a new O60 1500m club record in 7:03 and for running the Edinburgh Marathon and raising £130 for the Chair's Charity
April	Sam Stacey	for all the work he does with the Juniors
March	Naomi Flanagan	for coming 2nd in the Grizzly Cub in 1:09:34, 8th in the Bideford Half Marathon in 1:23:01 (a new club record) and first lady in the Mad March Hare in 39:09
February	Marc Jones	for the Endurance Life Ultra Marathon - 35 miles in 7hrs 15 min - 60th place. Then running the Club 3K on the following Tuesday in 11:55
January	Brian Marjoram	1st Vet M60 in the 1st Chance. Finished 102nd in 45:29

2014

December	Rory Treharne	for the Cockington Christmas Caper - 41st in 1:19:15
November	Michelle Cowley	for the Templer 10 - 25th in 1:05:24
October	Heather Maddock	for the Bournemouth Half Marathon - a personal best in 1:58
September	Tracy Elford	for being a wonderful webmistress
August	Michelle Moore	1st Lady in the Totnes 10K in 43:55
July	Colin Peters	for coming 2nd in the Cockington Caper in a time of 47:34
June	Naomi Flanagan, Sue Hayes and Kerry Bell	for being the 1st Ladies team at the Plym Valley Relays
May	Mark Stockman	for 90 miles in 24 hours in the Hope 24
April	Michelle Moore	for the South Devon 10K: 10th in 44:01 - a new course record
March	Marc Jones	for the Bideford Half Marathon: 171st in 1:33 - a personal best
February	Jeremy Goddard	For the Thames Trot Ultra 50 miles in 7 hours 47 minutes
January	Frank Reay	53rd in the First Chance in 38:41 (1st in age group 50-54)

2013

December	Marc Walpot	Cockington Caper 2nd Male Vet and a time of 59:14
November	Michelle Moore	Drogo 10 1st Senior Lady 1:15:37
October	Garry Hooker	Dart Vale Marathon 9th 3:15:22& Devon County Championships Gold Medal Winner
September	Naomi Flanagan	Setting new Senior Ladies Club Records in 10k Track AND 5k Road Races
August	Marc Jones & Ryan Rudge	Bolton Ironman
July	Adrian Tucker & Sam Stacey	For all their efforts organising the Pearson Cup
June	Karen Bumby	Debut Half Ironman (Grafman) 6:33:33
May	Michelle Moore	Crediton Crunch-24th position, 2nd lady home in a time of 44:28
April	Debbie Burman	London Marathon time of 3:31:05
March	David Hampton	Grizzly- 93rd position in 3:08:22
February	Dan Palmer	Plymouth Hoe 10-20th position 28:42
January	Liz Lee	For investigations and actions concerning safeguarding for the club.

2012		
December	David Hampton	Cockington Caper - 57:12, 10th position, 1st sdac home
November	Tom Bolwell	Drogo 10 - 1:15:26
October	Vince Langdon	Abingdon Marathon - 3:18:45 & 5:27 Club Mile a few days later
September	Laura Chesterman	Great North Run - 2:07, pb by 17 mins
August	Zach Ardoino	Torbay 10K - 51:18
July	Naomi Flanagan	Beat The Bus - 1st Club Lady Home 50:57
June	Ryan Rudge	Torbay 1/2 Marathon - 1:38:05, 20mins off last years time
May	Kerry Bell	Bere pen 10km - 52:49, 1st V45 Lady
April	Rob Ledger	Welsh Marathon - 3:13:54
March	Debbie Burman	Duchy Marathon - 3:27:50
February	Jeremy Goddard	Completing Pilgrim Challenge, 66 miles, 2 days. 45th out of 151
January	Phil Bolwell	Organising a new lunchtime running session