| Date | Taunton Half 06 April 2014 | Taunton Full 06 April 2014 | Dig Deep 5K Series 19 April 2014 | Plymouth Half Marathon 27 April 2014 | Saltash Half Marathon 04 May 2014 | Bere Pen 10K 04 May 2014 | Ivybridge 10K 10 May 2014 | South Devon 10K (Paignton) 26 April 2014 | Trevornick 10 (Hollywell Bay) 11 May 2014 | Dig Deep 5K Series 17 May 2014 | Imery's Half Marathon (St Austell) 18 May 2014 | Imerys Full Marathon 18 May 2014 | Sticker 5K series 14 June 2014 | Dig Deep 5K series 21 June 2014 | Armada 10k 21 June 2014 | Lanhydrock run (10 miles) 22 June 2014 | Torbay Half Marathon 29 June 2014 | Erne Valley Relays 2.5 mile legs 04 July 2014 | Tavistock relays 1.1 mile legs 17 July 2014 | Dig Deep 5K series 19 July 2014 | Haytor Heller (6 Miles) 19 July 2014 | Forum 5K series 09 July 2014 | Magnificent 7 20 July 2014 | 6 Moor Miles 27 July 2014 | Indian Queens Half Maraton 03 August 2014 | Totnes 10K 03 August 2014 | Dig Deep 5K series 16 August 2014 | Forum 5K Series 13 August 2014 | Torbay Regatta 10K 24 August 2014 | Forest Flyer 5 29 August 2014 | Treggy 7 Miler (Launceston) 07 September 2014 | Hanger Up 'N' Down 07 September 2014 | Truro Half Marathon 14 September 2014 | Forum 5K Series 10 September 2014 | Dig Deep 5K series 20 September 2014 | Parkrun 5k Plymouth 04 October 2014 | Amarda Half Marathon 05 October 2014 | Newquay 10K 05 October 2014 | Armada 3k winter series 08 October 2014 | Eden Half Marathon 19 October 2014 | Eden Full Marathon 19 October 2014 | Dartmoorvale half marathon 19 October 2014 | Dartmoorvale 10k 19 October 2014 | Dartmoorvale marathon 19 October 2014 | Tavistock 7 26 October 2014 | Armada 3k winter series 12 November 2014 | Templer 10 02 November 2014 | Cornish Marathon 16 November 2014 | Castle Drogo 10 16 November 2014 | Armada 3k winter series 10 December 2014 | Cockington Caper 13 December 2014 | Plymouth Park Run 27 December 2014 | First Chance 10K 18 January 2015 | January Jaunt 10K 11 January 2015 | Oh My Obelisk 11 January 2015 | Stormforce 10 18 January 2015 | Plymouth 10K 02 November 2014 | Armada 3k winter series 14 January 2015 | Axmouth Challange Run (10 Miles) 18 January 2015 | Braunton 10 25 January 2015 | Fulford 5 01 Febuary 2014 | Armada 3k winter series 11 Febuary 2015 | Exeter Half Marathon 14/15 Febuary 2015 | Cornwall Fire and Rescue Half Marath 22 Febuary 2015 | Dalwood 3 Hills Challange 25 January 2015 | Bideford Half Marathon 08 March 2015 | Armada 3k winter series 11 March 2015 | Lone 10 08 March 2015 | The Dark 21 March 2015 | Tavi 13 22 March 2015 | Dig Deep 10 K Series 29 March 2015 | Exe to Axe (20 Miles) Exmouth 29 March 2015 | | Points | Races |
|---|---|---

| Date | Taunton Half 06 April 2014 | Taunton Full 06 April 2014 | Dig Deep 5K Series 19 April 2014 | Plymouth Half Marathon 27 April 2014 | Saltash Half Marathon 04 May 2014 | Bere Pen 10K 04 May 2014 | Ivybridge 10K 10 May 2014 | South Devon 10K (Paignton) 26 April 2014 | Trevornick 10 (Hollywell Bay) 11 May 2014 | Dig Deep 5K Series 17 May 2014 | Imen's Half Marathon (St Austell) 18 May 2014 | Imen's Full Marathon 18 May 2014 | Sticker 5K series 14 June 2014 | Dig Deep 5K series 21 June 2014 | Armada 10K 21 June 2014 | Lanhydrock run (10 miles) 22 June 2014 | Torbay Half Marathon 29 June 2014 | Erne Valley Relays 2.5 mile legs 04 July 2014 | Tavistock relays 1.1 mile legs 17 July 2014 | Dig Deep 5K series 19 July 2014 | Haytor Heller (6 Miles) 19 July 2014 | Forum 5K series 09 July 2014 | Magnificent 7 20 July 2014 | 6 Moor Miles 27 July 2014 | Indian Queens Half Maraton 03 August 2014 | Totnes 10K 03 August 2014 | Dig Deep 5K series 16 August 2014 | Forum 5K series 13 August 2014 | Torbay Regatta 10K 24 August 2014 | Forest Flyer 5 29 August 2014 | Treggy 7 Miler (Launceston) 07 September 2014 | Hanger Up 'N' Down 07 September 2014 | Truro Half Marathon 14 September 2014 | Forum 5K Series 10 September 2014 | Dig Deep 5K series 20 September 2014 | Parkrun 5k Plymouth 04 October 2014 | Amarda Half Marathon 05 October 2014 | Newquay 10K 08 October 2014 | Armada 3k winter series 19 October 2014 | Eden Half Marathon 19 October 2014 | Eden Full Marathon 19 October 2014 | Dartmoorvale half marathon 19 October 2014 | Dartmoorvale 10k 19 October 2014 | Dartmoorvale marathon 26 October 2014 | Tavistock 7 12 November 2014 | Armada 3k winter series 02 November 2014 | Templer 10 16 November 2014 | Cornish Marathon 16 November 2014 | Castle Drogo 10 10 December 2014 | Armada 3k winter series 13 December 2014 | Cockington Caper 27 December 2014 | Plymouth Park Run 18 January 2015 | First Chance 10K 11 January 2015 | January Jaunt 10K 11 January 2015 | Oh My Obelisk 18 January 2015 | Stormforce 10 02 November 2014 | Plymouth 10K 14 January 2015 | Armada 3k winter series 18 January 2015 | Axmouth Challange Run (10 Miles) 26 January 2015 | Braunton 10 01 Febuary 2014 | Fulford 5 11 Febuary 2015 | Armada 3k winter series 14/15 Febuary 2015 | Exeter Half Marathon 22 Febuary 2015 | Cornwall Fire and Rescue Half Marati 23 January 2015 | Dalwood 3 Hills Challange 08 March 2015 | Bideford Half Marathon 11 March 2015 | Armada 3k winter series 08 March 2015 | Looe 10 21 March 2015 | The Dark 22 March 2015 | Tavi 13 29 March 2015 | Dig Deep 10 K Series 29 March 2015 | Exe to Axe (20 Miles) Exmouth |
|---|---|---

| Date | Taunton Half | Taunton Full | Dig Deep 5K Series | Plymouth Half Marathon | Saltash Half Marathon | Bere Pen 10K | Ivybridge 10K | South Devon 10K (Paignton) | Trevornick 10 (Hollywell Bay) | Dig Deep 5K Series | Imery's Half Marathon (St Austell) | Imery's Full Marathon | Sticker 5K series | Dig Deep 5K series | Armada 10K | Lanhydrock run (10 miles) | Torbay Half Marathon | Erne Valley Relays 2.5 mile legs | Tavistock relays 1.1 mile legs | Dig Deep 5K series | Haytor Heller (6 Miles) | Forum 5K series | Magnificent 7 | 6 Moor Miles | Indian Queens Half Maraton | Totnes 10K | Dig Deep 5K series | Forum 5K Series | Torbay Regatta 10K | Forest Flyer 5 | Treggy 7 Miler (Launceston) | Hanger Up 'N' Down | Truro Half Marathon | Forum 5K Series | Dig Deep 5K series | Parkrun 5k Plymouth | Amarda Half Marathon | Newquay 10K | Armada 3k winter series | Eden Half Marathon | Eden Full Marathon | Dartmoorvale half marathon | Dartmoorvale 10K | Dartmoorvale marathon | Tavistock 7 | Armada 3k winter series | Templer 10 | Cornish Marathon | Castle Drogo 10 | Armada 3k winter series | Cockington Caper | Plymouth Park Run | First Chance 10K | January Jaunt 10K | Oh My Obelisk | Stormforce 10 | Plymouth 10K | Armada 3k winter series | Axmouth Challange Run (10 Miles) | Braunton 10 | Fulford 5 | Armada 3k winter series | Exeter Half Marathon | Cornwall Fire and Rescue Half Marath | Dalwood 3 Hills Challange | Bideford Half Marathon | Armada 3k winter series | Looe 10 | The Dark | Tavi 13 | Dig Deep 10 K Series | Exe to Axe (20 Miles) Exmouth | | |
|---|---|---

| Date | Taunton Half 06 April 2014 | Taunton Full 06 April 2014 | Dig Deep 5K Series 19 April 2014 | Plymouth Half Marathon 27 April 2014 | Saltash Half Marathon 04 May 2014 | Bere Pen 10K 04 May 2014 | Ivybridge 10K 10 May 2014 | South Devon 10K (Paignton) 26 April 2014 | Trevornick 10 (Hollywell Bay) 11 May 2014 | Dig Deep 5K Series 17 May 2014 | Imery's Half Marathon (St Austell) 18 May 2014 | Imerys Full Marathon 18 May 2014 | Sticker 5K series 14 June 2014 | Dig Deep 5K series 21 June 2014 | Armada 10K 21 June 2014 | Lanhydrock run (10 miles) 22 June 2014 | Torbay Half Marathon 29 June 2014 | Erne Valley Relays 2.5 mile legs 04 July 2014 | Tavistock relays 1.1 mile legs 17 July 2014 | Dig Deep 5K series 19 July 2014 | Haytor Heller (6 Miles) 19 July 2014 | Forum 5K series 09 July 2014 | Magnificent 7 20 July 2014 | 6 Moor Miles 27 July 2014 | Indian Queens Half Maraton 03 August 2014 | Totnes 10K 03 August 2014 | Dig Deep 5K series 16 August 2014 | Forum 5K Series 13 August 2014 | Torbay Regatta 10K 24 August 2014 | Forest Flyer 5 29 August 2014 | Treggy 7 Miler (Launceston) 07 September 2014 | Hanger Up 'N' Down 07 September 2014 | Truro Half Marathon 14 September 2014 | Forum 5K Series 10 September 2014 | Dig Deep 5K series 20 September 2014 | Parkrun 5k Plymouth 04 October 2014 | Amarda Half Marathon 05 October 2014 | Newquay 10K 05 October 2014 | Armada 3k winter series 08 October 2014 | Eden Half Marathon 19 October 2014 | Eden Full Marathon 19 October 2014 | Dartmoorvale half marathon 19 October 2014 | Dartmoorvale 10k 19 October 2014 | Dartmoorvale marathon 26 October 2014 | Tavistock 7 12 November 2014 | Armada 3k winter series 02 November 2014 | Templer 10 16 November 2014 | Cornish Marathon 16 November 2014 | Castle Drogo 10 10 December 2014 | Armada 3k winter series 13 December 2014 | Cockington Caper 27 December 2014 | Plymouth Park Run 18 January 2015 | First Chance 10K 11 January 2015 | January Jaunt 10K 11 January 2015 | Oh My Obelisk 18 January 2015 | Stormforce 10 02 November 2014 | Plymouth 10K 14 January 2015 | Armada 3k winter series 18 January 2015 | Axmouth Challange Run (10 Miles) 25 January 2015 | Braunton 10 01 Febuary 2014 | Fulford 5 11 Febuary 2015 | Armada 3k winter series 14/15 Febuary 2015 | Exeter Half Marathon 22 Febuary 2015 | Cornwall Fire and Rescue Half Marat 25 January 2015 | Dalwood 3 Hills Challange 08 March 2015 | Bideford Half Marathon 11 March 2015 | Armada 3k winter series 08 March 2015 | Looe 10 21 March 2015 | The Dark 22 March 2015 | Tavi 13 29 March 2015 | Dig Deep 10 K Series 29 March 2015 | Exe to Axe (20 Miles) Exmouth | Points | Races |
|---|---|---

| Date | Taunton Half 06 April 2014 | Taunton Full 06 April 2014 | Dig Deep 5K Series 19 April 2014 | Plymouth Half Marathon 27 April 2014 | Saltash Half Marathon 04 May 2014 | Bere Pen 10K 04 May 2014 | Wybridge 10K 10 May 2014 | South Devon 10K (Paignton) 26 April 2014 | Trevornick 10 (Hollywell Bay) 11 May 2014 | Dig Deep 5K Series 17 May 2014 | Imery's Half Marathon (St Austell) 18 May 2014 | Imerys Full Marathon 18 May 2014 | Sticker 5K series 14 June 2014 | Dig Deep 5K series 21 June 2014 | Armada 10K 21 June 2014 | Lanhydrock run (10 miles) 22 June 2014 | Torbay Half Marathon 29 June 2014 | Erne Valley Relays 2.5 mile legs 04 July 2014 | Tavistock relays 1.1 mile legs 17 July 2014 | Dig Deep 5K series 19 July 2014 | Haytor Heller (6 Miles) 19 July 2014 | Forum 5K series 09 July 2014 | Magnificent 7 20 July 2014 | 6 Moor Miles 27 July 2014 | Indian Queens Half Maraton 03 August 2014 | Totnes 10K 03 August 2014 | Dig Deep 5K series 16 August 2014 | Forum 5K series 13 August 2014 | Torbay Regatta 10K 24 August 2014 | Forest Flyer 5 29 August 2014 | Treggy 7 Miler (Launceston) 07 September 2014 | Hanger Up 'N' Down 07 September 2014 | Truro Half Marathon 14 September 2014 | Forum 5K Series 10 September 2014 | Dig Deep 5K series 20 September 2014 | Parkrun 5k Plymouth 04 October 2014 | Amarda Half Marathon 05 October 2014 | Newquay 10K 05 October 2014 | Armada 3k winter series 08 October 2014 | Eden Half Marathon 19 October 2014 | Eden Full Marathon 19 October 2014 | Dartmoorvale half marathon 19 October 2014 | Dartmoorvale 10k 19 October 2014 | Dartmoorvale marathon 19 October 2014 | Tavistock 7 26 October 2014 | Armada 3k winter series 12 November 2014 | Templer 10 02 November 2014 | Cornish Marathon 16 November 2014 | Castle Drogo 10 16 November 2014 | Armada 3k winter series 10 December 2014 | Cockington Caper 13 December 2014 | Plymouth Park Run 27 December 2014 | First Chance 10K 18 January 2015 | January Jaunt 10K 11 January 2015 | Oh My Obelisk 11 January 2015 | Stormforce 10 18 January 2015 | Plymouth 10K 02 November 2014 | Armada 3k winter series 14 January 2015 | Axmouth Challange Run (10 Miles) 18 January 2015 | Braunton 10 25 January 2015 | Fulford 5 01 Febuary 2014 | Armada 3k winter series 11 Febuary 2015 | Exeter Half Marathon 14/15 Febuary 2015 | Cornwall Fire and Rescue Half Marath 22 Febuary 2015 | Dalwood 3 Hills Challange 25 January 2015 | Bideford Half Marathon 08 March 2015 | Armada 3k winter series 11 March 2015 | Looe 10 08 March 2015 | The Dark 21 March 2015 | Tavi 13 22 March 2015 | Dig Deep 10 K Series 29 March 2015 | Exe to Axe (20 Miles) Exmouth 29 March 2015 | | Points | Races |
|---|---|---

| Date | Taunton Half 06 April 2014 | Taunton Full 06 April 2014 | Dig Deep 5K Series 19 April 2014 | Plymouth Half Marathon 27 April 2014 | Saltash Half Marathon 04 May 2014 | Bere Pen 10K 04 May 2014 | Ivybridge 10K 10 May 2014 | South Devon 10K (Paignton) 26 April 2014 | Trevornick 10 (Hollywell Bay) 11 May 2014 | Dig Deep 5K Series 17 May 2014 | Imery's Half Marathon (St Austell) 18 May 2014 | Imery's Full Marathon 18 May 2014 | Sticker 5K series 14 June 2014 | Dig Deep 5K series 21 June 2014 | Armada 10K 21 June 2014 | Lanhydrock run (10 miles) 22 June 2014 | Torbay Half Marathon 29 June 2014 | Erne Valley Relays 2.5 mile legs 04 July 2014 | Tavistock relays 1.1 mile legs 17 July 2014 | Dig Deep 5K series 19 July 2014 | Haytor Heller (6 Miles) 19 July 2014 | Forum 5K series 09 July 2014 | Magnificent 7 20 July 2014 | 6 Moor Miles 27 July 2014 | Indian Queens Half Maraton 03 August 2014 | Totnes 10K 03 August 2014 | Dig Deep 5K series 16 August 2014 | Forum 5K Series 13 August 2014 | Torbay Regatta 10K 24 August 2014 | Forest Flyer 5 29 August 2014 | Treggy 7 Miler (Launceston) 07 September 2014 | Hanger Up 'N' Down 07 September 2014 | Truro Half Marathon 14 September 2014 | Forum 5K Series 10 September 2014 | Dig Deep 5K series 20 September 2014 | Parkrun 5k Plymouth 04 October 2014 | Amarda Half Marathon 05 October 2014 | Newquay 10K 05 October 2014 | Armada 3k winter series 08 October 2014 | Eden Half Marathon 19 October 2014 | Eden Full Marathon 19 October 2014 | Dartmoorvale half marathon 19 October 2014 | Dartmoorvale 10k 19 October 2014 | Dartmoorvale marathon 19 October 2014 | Tavistock 7 26 October 2014 | Armada 3k winter series 12 November 2014 | Templer 10 02 November 2014 | Cornish Marathon 16 November 2014 | Castle Drogo 10 16 November 2014 | Armada 3k winter series 10 December 2014 | Cockington Caper 13 December 2014 | Plymouth Park Run 27 December 2014 | First Chance 10K 18 January 2015 | January Jaunt 10K 11 January 2015 | Oh My Obelisk 11 January 2015 | Stormforce 10 18 January 2015 | Plymouth 10K 02 November 2014 | Armada 3k winter series 14 January 2015 | Axmouth Challange Run (10 Miles) 18 January 2015 | Braunton 10 25 January 2015 | Fulford 5 01 Febuary 2014 | Armada 3k winter series 11 Febuary 2015 | Exeter Half Marathon 14/15 Febuary 2015 | Cornwall Fire and Rescue Half Marath 22 Febuary 2015 | Dalwood 3 Hills Challange 25 January 2015 | Bideford Half Marathon 08 March 2015 | Armada 3k winter series 11 March 2015 | Looe 10 08 March 2015 | The Dark 21 March 2015 | Tavi 13 22 March 2015 | Dig Deep 10 K Series 29 March 2015 | Exe to Axe (20 Miles) Exmouth 29 March 2015 | Points | Races |
|---|---|---