

## VET MENS ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
40 – 44	<b>N Holmes</b> 33.11 Clevedon 05	<b>N Holmes</b> 55.14 Teignbridge 05	<b>N Holmes</b> 1.12.55 Plymouth 05	<b>A Ryder</b> 2.48.39 New Abbot 08
45 – 49	<b>N Holmes &amp; A Ryder</b> 34.56 Clevedon 12 & Plymouth 12	<b>A Ryder</b> 57.00 Teignbridge 09	<b>N Holmes</b> 1.16.24 Taunton 10	<b>A Ryder</b> 2.39.58 Taunton 09
50 – 54	<b>M Hansen</b> 36.22 Bideford 09	<b>M Hansen</b> 58.49 Plymouth 09	<b>M Hansen</b> 1.19.14 Taunton 09	<b>A Trigg</b> 2.53.16 Abingdon 12
55 – 59	<b>M Hansen</b> 37.44 Clevedon 14	<b>M Hansen</b> 64.07 Bideford 14	<b>A Trigg</b> 1.24.07 Bridgwater 17	<b>A Trigg</b> 3.03.20 Chester 18
60 – 64	<b>K Summers</b> 42.39 Clevedon 14	<b>K Summers</b> 72.26 Plymouth 13	<b>K Summers</b> 1.35.40 Taunton 14	<b>D Simpson</b> 3.42.49 London 06
65 – 69	<b>S Watson</b> 49.30 Frome 16	<b>D York</b> 84.05 Plymouth 05	<b>K Summers</b> 1.38.56 Bridgwater 17	<b>K Summers</b> 4.03.38 Taunton 18
70 – 74	<b>R Brindle</b> 51.44 Berkeley 15		<b>A Doonan</b> 1.58.56 Plymouth 16	
75 – 79	<b>E Perks</b> 66.15 Plympton 99	<b>E Perks</b> 103.51 Guy Fawkes 98	<b>E Perks</b> 2.27.15 Plymouth 98	<b>E Perks</b> 5.56.55 London 00
80 – 84	<b>E Perks</b> 70.50 Ivybridge 03	<b>E Perks</b> 127.02 Plymouth 03	<b>E Perks</b> 2.47.07 Plymouth 03	
85 – 89	<b>E Perks</b> 80.19 Ivybridge 07		<b>E Perks</b> 3.10.48 Plymouth 07	

## VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>Marathon</b>
35 – 39	<b>A Thorn</b> 38.21 Exeter 13	<b>A Thorn</b> 63.41 Plymouth 13	<b>A Thorn</b> 1.23.45 Bath 13	<b>E Lake</b> 3.09.12 London 13
40 – 44	<b>A Thorn</b> 37.47 Exeter 16	<b>J Swift</b> 62.02 Bideford 12	<b>J Swift</b> 1.22.15 Cardiff 12	<b>C Perry</b> 2.58.53 London 17
45 – 49	<b>C Perry</b> 38.03 Gloucester 18	<b>C Perry</b> 69.09 Granite 18	<b>C Perry</b> 1.24.14 Cardiff 18	<b>C Perry</b> 3.00.12 London 19
50 – 54	<b>S Urro</b> 41.19 Exmouth 01	<b>S Urro</b> 68.18 Portland 01	<b>S Urro</b> 1.30.12 Bideford 01	<b>J Edwards</b> 3.27.55 Dublin 2016
55 – 59	<b>A Engledew</b> 46.41 Ivybridge 18	<b>A Handforth</b> 78.23 Plymouth 08	<b>A Engledew</b> 1.40.12 Taunton 18	<b>A Engledew</b> 4.07.14 London 18
60 – 64	<b>A Engledew</b> 48.28 New Abbot 18	<b>A Handforth</b> 87.13 Teignbridge 10	<b>A Engledew</b> 1.43.12 Fleet 19	<b>A Engledew</b> 3.52.33 London 19
65 – 69	<b>M McKay</b> 53.37 Newquay 12	<b>M McKay</b> 88.56 Bideford 12		

