

## VET MENS ROAD RECORDS

| AGE GROUP | 10K  | 10 Miles                                   | Half Marathon                                | Marathon                                  |
|-----------|--|--|--|---|
| 40 – 44   | <b>N Holmes</b><br>33.11<br>Clevedon 05                          | <b>N Holmes</b><br>55.14<br>Teignbridge 05 | <b>N Holmes</b><br>1.12.55<br>Plymouth 05    | <b>A Ryder</b><br>2.48.39<br>New Abbot 08 |
| 45 – 49   | <b>N Holmes &amp; A Ryder</b> 34.56<br>Clevedon 12 & Plymouth 12 | <b>A Ryder</b><br>57.00<br>Teignbridge 09  | <b>S Fitze</b><br>1.16.18<br>Exeter 21       | <b>A Ryder</b><br>2.39.58<br>Taunton 09   |
| 50 – 54   | <b>M Hansen</b><br>36.22<br>Bideford 09                          | <b>M Hansen</b><br>58.49<br>Plymouth 09    | <b>M Hansen</b><br>1.19.14<br>Taunton 09     | <b>A Trigg</b><br>2.53.16<br>Abingdon 12  |
| 55 – 59   | <b>M Hansen</b><br>37.44<br>Clevedon 14                          | <b>M Hansen</b><br>64.07<br>Bideford 14    | <b>A Trigg</b><br>1.24.07<br>Bridgwater 17   | <b>A Trigg</b><br>3.03.20<br>Chester 18   |
| 60 – 64   | <b>K Summers</b><br>42.39<br>Clevedon 14                         | <b>D Engledew</b><br>70.24<br>Bideford 19  | <b>D Engledew</b><br>1.31.47<br>Helsby 20    | <b>D Simpson</b><br>3.42.49<br>London 06  |
| 65 – 69   | <b>S Watson</b><br>49.30<br>Frome 16                             | <b>K Summers</b><br>77.50<br>Bideford 19   | <b>K Summers</b><br>1.38.56<br>Bridgwater 17 | <b>K Summers</b><br>4.03.38<br>Taunton 18 |
| 70 – 74   | <b>R Brindle</b><br>51.44<br>Berkeley 15                         |  | <b>A Doonan</b><br>1.58.56<br>Plymouth 16    |   |
| 75 – 79   | <b>E Perks</b><br>66.15<br>Plympton 99                           | <b>E Perks</b><br>103.51<br>Guy Fawkes 98  | <b>E Perks</b><br>2.27.15<br>Plymouth 98     | <b>E Perks</b><br>5.56.55<br>London 00    |
| 80 – 84   | <b>E Perks</b><br>70.50<br>Ivybridge 03                          | <b>E Perks</b><br>127.02<br>Plymouth 03    | <b>E Perks</b><br>2.47.07<br>Plymouth 03     |   |
| 85 – 89   | <b>E Perks</b><br>80.19<br>Ivybridge 07                          |  | <b>E Perks</b><br>3.10.48<br>Plymouth 07     |   |

## VET LADIES ROAD RECORDS

| AGE GROUP | 10K  | 10 Miles                                   | Half Marathon                              | Marathon                                   |
|-----------|--|--|--|--|
| 35 – 39   | <b>A Thorn</b><br>38.21<br>Exeter 13       | <b>A Thorn</b><br>63.41<br>Plymouth 13     | <b>A Thorn</b><br>1.23.45<br>Bath 13       | <b>E Lake</b><br>3.09.12<br>London 13      |
| 40 – 44   | <b>A Thorn</b><br>37.47<br>Exeter 16       | <b>J Swift</b><br>62.02<br>Bideford 12     | <b>J Swift</b><br>1.22.15<br>Cardiff 12    | <b>C Perry</b><br>2.58.53<br>London 17     |
| 45 – 49   | <b>C Perry</b><br>38.03<br>Gloucester 18   | <b>A Thorn</b><br>63.45<br>Granite 21      | <b>A Thorn</b><br>1.22.23<br>Swansea 21    | <b>C Perry</b><br>3.00.12<br>London 19     |
| 50 – 54   | <b>S Urro</b><br>41.19<br>Exmouth 01       | <b>S Urro</b><br>68.18<br>Portland 01      | <b>S Urro</b><br>1.30.12<br>Bideford 01    | <b>J Edwards</b><br>3.27.55<br>Dublin 2016 |
| 55 – 59   | <b>A Engledew</b><br>46.41<br>Ivybridge 18 | <b>A Handforth</b><br>78.23<br>Plymouth 08 | <b>A Engledew</b><br>1.40.12<br>Taunton 18 | <b>A Engledew</b><br>4.07.14<br>London 18  |
| 60 – 64   | <b>A Engledew</b><br>46.16<br>Telford 19   | <b>A Engledew</b><br>79.36<br>Bideford 19  | <b>A Engledew</b><br>1.43.06<br>Helsby 20  | <b>A Engledew</b><br>3.52.33<br>London 19  |
| 65 – 69   | <b>M McKay</b><br>53.37<br>Newquay 12      | <b>M McKay</b><br>88.56<br>Bideford 12     |  |  |

