

## 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>S Fitze</b> 1.16.18 Exeter 21	<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>D Engledew</b> 41.15 Exeter 2024	<b>D Engledew</b> 70.24 Bideford 19	<b>D Engledew</b> 1.31.20 Bideford 24	<b>D Engledew</b> 3.35.44 Manc 23
65 – 69	<b>S Watson</b> 49.30 Frome 16	<b>K Summers</b> 77.50 Bideford 19	<b>K Summers</b> 1.38.56 Bridgwater 17	<b>K Summers</b> 4.03.38 Taunton 18
70 – 74	<b>K Summers</b> 49.06 Exeter 24	<b>K Summers</b> 1.18.50 Great South 23	<b>K Summers</b> 1.46.03 Kew 23	
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 McEwing</b> 37.20 Exeter 24	<b>A Thorn</b> 63.41 Plymouth 13	<b>A McEwing</b> 1.19.00 Farnborough 23	<b>A McEwing</b> 2.49.29 Berlin 24
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>A Thorn</b> 37.14 Glastonbury 22	<b>A Thorn</b> 63.45 Granite 21	<b>A Thorn</b> 1.20.34 Farnborough 23	<b>A Thorn</b> 2.50.58 Chester 22
50 – 54	<b>A Thorn</b> 38.29 Langley Bur 24	<b>A Thorn</b> 63.00 Chippenham 24	<b>A Thorn</b> 1.22.59 Bath 24	<b>A Thorn</b> 3.00.05 Newport 24
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> 46.16 Telford 19	<b>A Engledew</b> 79.36 Bideford 19	<b>A Engledew</b> 1.43.06 Helsby 20	<b>A Engledew</b> 3.52.33 London 19
65 – 69	<b>A Engledew</b> 47.44 Exeter 24	<b>M McKay</b> 88.56 Bideford 12	<b>A Engledew</b> 1.45.40 Bideford 24	<b>A Engledew</b> 3.57.37 Newport 24

