

THE HARRIER

(MAY 2026 NEWSLETTER)



Ben Holmes had a brilliant run at the London Marathon and broke the club marathon record set in 1985

On a record-breaking day at the **London Marathon** our athletes had a great day of their own with 'pride of place' going to **Ben Holmes**, who finished in 56th place overall and with a fantastic time of 2.23.43. **Simon Fitze** and **Helen Chapell** were also in great form and set new vet records. On a hot day all our athletes did well.

It has been a busy few weeks for marathon running with several athletes running in the **Newport Marathon** whilst **Jess Ashworth** did well at **Manchester**. **Dave Rayfield** went further afield and had a great run and set a new vet 60 record at the **Paris Marathon**. Last weekend **Emma Lake** (running her second marathon of the year) and **Jenny Hayes** both ran well at the **Exeter Marathon**. **Emma** was 1st female vet 50 and **Jenny** 3rd in the same category.

Chris Prall and **Peter Allen** made the long trip to Cumbria to represent Devon in the British Inter-Counties Fell Race. Many thanks to **Peter** for his great report.

Our attention now turns to the **Ivybridge 10k on Saturday 23rd May**. Many thanks to everyone who have volunteered to help in some way. Good weather hopefully!

Dave Fox - EDITOR

From the Chairman:

Hello everyone,

The Ivybridge 10k on Saturday 23rd May 2026, is fast approaching. Thank you to all those who have volunteered but we could do with a few more to help fill the key locations. Entries are still open and coming in so if you know anyone at work, local gym or elsewhere who is interested in running please encourage them to do so!



Planning is well underway for the **Erme Valley Relays** to be held in late **June**. Once the 10k is sorted I'll be asking for volunteers to help host this event too as well as organising teams for the race.

Chris has been busy with the organisation of our off-road race which we will be hosting again this year. The race will be held on **Saturday 15th August** and will be approximately 10km long and taking in some high points of the moors overlooking Ivybridge and will again form part of the Dartmoor Fell series; (<https://swfellrunners.uk/>). Again, we will be looking for volunteers to help us put this race on.

They are a few months off yet but we are again hoping to have teams in the Tavistock Town relays in July along with the South Devon relays which are usually held in early August at Torbay Velopark. The races have a great atmosphere and we had good club representation at both events last year. It would be good to have a repeat of that this year - please keep an eye out for more details on this over the next few weeks.

I look forward to seeing you at club or a race soon.

Tom Davies - davies.tp@googlemail.com and 07909 59596

SECRETARY'S NOTES

10K time is here

We are just two weeks away from our 10K and entries have reached very nearly 400.

The race is on Saturday 23rd May.

We really appreciate all those who have said they can assist. If you haven't yet told me that you are available, please can you do so as we are still a bit down on the usual numbers. Everyone who helps will get a pasty. Full details will be sent out to all next week.

The latest Club Championship standings have been posted in the Harrier and on the website.

We have had a number of age group records of late which has bolstered points for those who had achieved this. We have also included track and field fixtures to encourage more senior participation, and this is beginning to get more seniors taking part. We recently held the junior presentation evening which was a real success. We also gave out senior awards for Cross Country. Congratulations to all the awards winners which are listed on the website.

Training and Competition update

Junior training is still going well with new recruits turning up each week. We have moved some of the year 6 athletes up to the second session to even out numbers.

Our five new coaches attended the Assistant Coach course in Plymouth and are now qualified. The Track and Field season is in full swing and the Devon County Championships will be held this weekend. We also began the SWAL season last Sunday.

Senior training also continues to go well. We have started the 10 min warm up to our group sessions. We would ask that everyone tries to do the planned routes on a Tuesday rather than going off on a different one. We do need to make sure that we have control of who is going where on club nights especially as it can be confusing for new members. We also need people to volunteer to lead a group and ensure everyone is looked after. We are trying to find someone to co-ordinate the groups on a Tuesday. If you can help please speak to me, Tom or Emma. It may seem a bit over formal, but we need to look after everyone's safety.

Road (and off Road) Running

We had some great results in the Spring Marathons. Pride of place must go

To Ben Holmes who broke the long-standing club record in London. There were also age group records for Simon Fitze, Helen Chapell and Dave Rayfield.

Well done to all those who ran in the various marathons especially Ross Busby and Helen Pearse who were first timers.

The next Armada 5K is on this coming Wednesday on the new course using the new Dell path. Good luck to all those taking part in the Plymouth Half and 10K races next week.

Athletes of the Month (April)

The athletes of the month for April were Ben Bristow and Alfie Carroll.

We are waiting on new badges to come in.

Forthcoming Events

May 13th - Armada 5K

May 15th - Run Exe Series - Exeter (5km)

May 16th - BMC Classic - Millfield - Tavy 5K

May 17th - Plymouth Half and 10K

May 23rd - Ivybridge 10K

May 24th - Great West Half and 10K

- Devon Open 2 at Braunton

May 26th - Exeter Evening Open & BMC

May 30th - Burrator 10K

May 31st - Muskies Madness

June 2nd - Run Exe Series - Exeter (5km)

June 6th - Dartmoor Discovery Ultra

June 7th - SWAL Track and Field - Exeter

June 13th - Devon Schools T&F - Exeter

- Start Fitness 5K - Torbay

June 20th - SW Schools T&F - Exeter

- Burrator Horseshoe

June 24th - Devon 10000m

Championships

June 26th - EVH Relays

June 27th/28th SW Schools

Combined events at Yeovil

June 30th - Exeter Evening Open & BMC

Finally - Enjoy your summer running but keep cool and hydrated.

**Keith - 07934373943
reedy41c@googlemail.com**

EVH Club Championship 2026 – April 2026 Update

29 club members took part in at least one of the Club Championship events in April. There's been big changes at the top of the table mainly due to Age Group records. This could all change next month with May being a busy month which includes 10 events where you can pick up points. Not forgetting that you can get an extra 20 points by volunteering at the Ivybridge 10k.

The Top 10 are listed below. If you want to know where you are on the points table, then head over to the EVH Club website.

Pos	Name	TOTAL	Marathon	Age record bonus	parkrun (x12 max)	EVH team win bonus	Ultra event	Handicap 03 - January	Oh My Obelisk	WL XC - Westward Ho!	Handicap 04 - February	WL XC - Central Park	Exeter Half	First Chance - Exeter	WL XC - Redruth	Looe 10 miler	Handicap 05 - March	Bideford Half Marathon	COPAC 1 Mile Time Trial	Exeter Trail Half Marathon	Exeter Trail 10k	Fast Friday 10k - Exeter	Summer Handicap - 01 April	April Armada 5k	
1	HELEN CHAPELL	374	69	150	10						10		57	38									39		
2	SIMON FITZE	246	83	100									62												
3	EMMA LAKE	232	64		20		10				10	30		38	30		10		10					10	
4	PETER ALLEN	230					10		30		10	30		36	30		10	54						10	10
5	DAVID RAYFIELD	219	72	50			10				10		57				10							10	
6	BARRY NEAL	200			40		10	30			10		47				10						33	10	10
7	BEN HOLMES	194	84	50						30		30													
8	NIGEL GROTTICK	179					10		30		10	30					10		10		31	38		10	
9	JENNIFER HAYES	147					10	30			10	30			30								37		
10	ANDREA MITCHELL	144	59		20		10				10						10								

See below for upcoming events in May. The nominated Park run is Central Park.

Date	Event	Points
03-May	SW Athletics League - Exeter	30
05-May	Summer Handicap 02	10
10-May	County Championship (track)	30
14-May	Armada 5k	10
16-May	Meldon Madness Fell Race	30
17-May	Plymouth Half Marathon	Age% * 0.75
17-May	Plymouth 10k	Age% * 0.5
23-May	Volunteering at Ivybridge 10k	20
30-May	Burrator 10k	Age% * 0.5
31-May	Muskie Madness 10k	Age% * 0.5

Full details of the Club Championship including all the events are on the Club website. Feedback and suggestions are welcome. It's been a busy month with Marathons so please let me know if you spot an error or an omission!

Helen Chapell

RACE NEWS

Helen Chapell was clearly in good form on her build-up to the London Marathon as she had a great run in the **Zurich Half Marathon** and set a new female vet 55 record with her time of 1.39.20. Husband **Andy** recorded a time of 1.46.07.

Graham Reed ran well in windy conditions at the **Berkeley 10K** in Gloucestershire with his time of 35.59. **Graham** also recorded a time of 16.52 at the **Bristol Track Club 10K at Odd Down**.

Nick Bristow (18.00), **Ben Bristow** (18.34), **Holly Jones** (18.51) and **Barry Neal** (20.24) did well in the first race of the **Run Exe 5K series** in Exeter. **Holly** and **Barry** also ran in the second race of the series. **Holly** ran 20.03 and **Barry** 21.55.

NEWPORT MARATHON and 10K

It was a hot day for the popular marathon. **Stuart Pearson** finished in 3.25.32, whilst **Andrea Mitchell** ran a time of 4.23.34 and **Dave Lloyd** 4.47.04.

In the **10K Alison McEwing** continued her good form with a 3rd place in the woman's race. **Alison** was also 1st in her age group with a time of 36.02. **Andrew Mitchell** also ran the race, finishing in 48.57.



Dave Rayfield set a new male vet 60 record with his time of 3.26.14 at the **Paris Marathon**, whilst **Jess Ashworth** did well at the **Manchester Marathon**, with a time of 3.24.56 on her first marathon attempt.



Adam Griffiths was only athlete at the tough **Saltash Half Marathon**. **Adam** was 34th in 1.43.14.

Young athletes from the region impress for the South West at the Mini London Marathon Championships

Posted on [April 27, 2026](#) by [Plymouth Sports Gazette](#)



SOME of the region's most talented young middle distance athletes were selected to represent the South West at the Mini London Marathon Championships on Saturday.

The event attracts the UK's most promising young athletes and the likes of Keely Hodgkinson, Laura Muir, Josh Kerr and Sir Mo Farah have represented their region's in the past.

Tavistock AC had a strong representation in the under-16 boys' race, where Freddie Whybrow claimed an impressive eighth place finish on the 2.6k course. He finished in a time of 7.41 minutes.

His club colleague Thomas Hennessey was just seven seconds behind in 19th place, with fellow Tavistock athlete Luke Scott-Tucker 38th in 7.57 minutes.

City of Plymouth AC were represented by Lucas Sweeney and Elsie Goodspeed.

Sweeney impressed in the under-14 boys' race finishing 27th in 8.33 minutes, while Goodspeed claimed a top 40 finish in a strong under-16 girls' race in 9.06 minutes.

In the main London Marathon on Sunday, **Erme Valley Harriers' Ben Holmes** led home the Armada area athletes, finishing 56th in the mass start in a time of 2:23.43.

His club colleague, **Simon Fitze**, also enjoyed a good run, finishing 15th in the M50-54 category with 2:40.28.

Erme Valley at the London Marathon:

On a day when the London Marathon world record was broken and two athletes broke the 2-hour barrier our athletes had a record-breaking day of their own.

Ben Holmes had a fantastic day as he was 56th overall in the race and finished in a time of 2.23.43. **Ben's** run set a new club record which had stood since the 1985 London Marathon when Colin Campbell achieved a time of 2.29.28. **Simon Fitze** and **Helen Chapell** were also in great form. **Simon** set a new male vet 50 age record with his time of 2.41.52, whilst **Helen** set a new female vet 55 age record with her time of 3.42.29.

On a hot day our athletes ran well as **Faith Taylor-Tippett** achieved a time of 2.56.38, whilst **Sally Erith** also had a great run (3.14.30). **Ross Busby** (4.13.10) and **Helen Pearse** (see

photo) (4.17.15) did well on their marathon debuts.



EXETER MARATHON (and 5 mile race)

Emma Lake and **Jenny Hayes** did well in the race. **Emma** was 14th female and 1st female vet 50 in 3.39.39, whilst **Jenny** was 22nd female and 3rd fv50 in 3.45.26.

Dave Rayfield did the 5 mile race and was 10th in 33.41. **Dave** won the male vet 60 age category.



BRITISH INTER-COUNTIES SENIOR MOUNTAIN RACE Sedbergh - Cumbria

As a junior runner who often found themselves in a battle not to come last in cross country races, the thought of competing at a county level in any sport seemed an unlikely achievement, especially fell running as I grew up in the low, flat lands of Cambridgeshire.

It was quite a turn of events that I found myself wearing a Devon vest on a windy hillside just above the Cumbrian market town of Sedbergh for the **British Inter-Counties Fell Race**. Some of the best fell runners in the country had assembled with the hope of qualifying for the European Mountain Running Championships. Chris and I had less lofty ambitions, with mine being to not to come last.

Unusually for a fell race, the 9mile route featured one small lap and two long laps. Not unusual for a Cumbrian fell race, the route had around 1000m of elevation crammed in!

The race started with a short, sharp ascent of Winder, before a steep descent back to the start. We both positioned ourselves near the back of the field, trying to ease into the race, but the gradient and strong head wind on climb made for a tough introduction, before the descent quickly turned my legs into mincemeat. Heading back through the start/ finish on to the lap two, the front runners in the women's race sauntered past me – starting five minutes behind me, it had taken them just 3km to make up the gap.



Lap two was a slog! Skirting under the summit of Winder, the long gradual climb was made significantly harder by the strong headwind. Adopting the usual fell running tactic on walking with hands pressed against my knees on the steep sections, this continued as the wind made running upright slower than a hunched over walk. Like some kind of bald-headed hunchback, snot streaming profusely from my nose, I trudged up the summit of Arant Hawr. A sharp turn and we were flying back down the hill, grateful of the wind blowing us up and over the summit of Winder and down to the start of lap 3.



Lap three was also a slog! Thankfully, I made it on to the lap without being lapped by the leaders. Another long trudge up into the clouded summit of Arant Hawr, I was relieved to be headed back to the finish. Chris, who finished a few minutes ahead of me, cheered me in before we cheered in Jo and Clare from Okehampton Running Club.

As with all fell races, despite the elite standard it was a laidback affair. Free tea and cake were served in the village hall to revive our weary bodies, and we reminisced on what was probably the highest standard race we had ever partaken in (and how hard ascending into the wind was each lap!) Several people congratulated us on our amazing feat of endurance (driving from Devon to Cumbria!) and we headed back home with a sense of pride and very achy legs.

Results:

In the men's race there were 105 finishers, with the winning time of 1:05:53

Chris Prall – 79th, 1:30:10

Peter Allen – 97th, 1:37:34

Devon County – 17th out of 20

Side Note:

If you're interested in some gentler fell races, Dartmoor has a fantastic, friendly fell running series. More information can be found here - <https://swfellrunners.uk/>



**The hill pointed out by Peter is the small lap! The big lap hill was even bigger!
The lady in the yellow vest is from Cornwall. Her team of 1 outperformed the
Devon team!**





BRITISH INTER-COUNTIES SENIOR MOUNTAIN RACE



ATHLETICS ROUND-UP: Notable victories for Battershill and Tank, plus good displays at BUCS.

Posted on [May 9, 2026](#) by [Plymouth Sports Gazette](#)



GREAT Britain internationals **Will Battershill** and Poppy Tank claimed notable wins at high-profile events last weekend. Battershill set a world lead in the rarely run one-mile steeplechase event at the Bannister Miles in Oxford.

The former Ivybridge Community College pupil and **Erme Valley Harriers'** athlete ran a speedy 4:20.40 to beat his international team rival Mark Pearce to victory. That time was more than five seconds quicker than when he last ran the one-mile steeplechase event at the same competition two years ago.

Battershill has his eyes on trying to represent Great Britain at the European Championships in Birmingham. "The time I need is sub 8:20 and I've never done that in my career, but it's about time I just go and do it," said **Battershill**, whose PB is 8:21.83. "I've known I can do it for a couple of years, but it is just about getting it done now."

In the same steeplechase race on Monday, Plymouth Harriers' Jack Dee finished fourth in 4:50.86.

Tank, meanwhile, claimed victory at the Ipswich Twilight 5k race in a new personal best time of 15.37 minutes. She held off the challenge of fellow Great Britain cross country international Amelia Quirk for the win. Tank, who is training for the 10,000m, described her PB as 'unexpected'. She added: "I've always preferred pure racing over time trialling and am a believer that times often come when you focus on competing, which I love."



A number of Plymouth area athletes were competing for their universities over the bank holiday weekend at the BUCS Championships in Cardiff.

Rory Summers and Ethan Glyde, both representing Loughborough University, return with medals. Summers was part of his university's gold medal winning 4x400m relay team. He did just miss out on reaching the individual 400m final. He finished third in his semi-final in 48.98 seconds, but it just was not quite enough to make a strong final.

Glyde, who has swapped America for Loughborough, took silver in the men's high jump with a height of 2.06m.

Nicolas Maczugowski, who is a student in Coventry, reached the final of the men's 400m hurdles. He clocked 54.39 seconds in his heat and then finished fifth in the final in a time of 54.59 seconds.

In the women's 400m hurdles, Hanna Ulvede ran 64.45 seconds.

Fellow City of Plymouth athlete Joshua Blake, competing for Marjon, was the fastest qualifier in the men's 800m heats with a speedy 1:51.86, which was just 0.01 of a second of his PB. However, he could not quite repeat that time in the semi-finals, running 1:53.90, which was not quite enough to make it into a high-quality final.

Tavistock's Phoebe Milburn finished seventh in the women's hammer throw with 47.36m. She was the highest performing under-20 athlete in the final.

Plymouth's Kinga Kudzia, representing Cardiff Met, clocked 12.19 seconds to rank eighth in the heats of the women's 100m. She did run slightly quicker in the semis, clocking 12.18 seconds, but it was not enough to make the final.

Erme Valley Harriers' Matthew Gilvear ran 15.24.24 to finish 15th in his heat of the men's 5,000m.

At today's **Bristol Half Marathon Alan Gatling** (1.34.27) ran particularly well and achieved a pb. **Barry Neal** recorded a time of 1.41.59.

Unknow whether anyone ran in the **Bristol** or **Bideford 10K** races.



GALLERY: GB youth international Battershill claims victory at Ivybridge 10k

Posted on [May 7, 2016](#) by [Plymouth Sports Gazette](#)



GREAT Britain youth international steeplechaser **Will Battershill** claimed his first major 10k road race victory on home soil on Saturday evening.

The 18-year-old **Erme Valley Harriers** star won the popular **Ivybridge 10k**. **Battershill** beat previous winner and course record holder Kairn Stone to the title. The Ivybridge Community College pupil took the honours in a time of 32 minutes and 37 seconds. That was more than a minute in front of Stone, who clocked 33:39.

South Devon's David Hampton was third in 34.44.

An impressive 745 runners finished the event, which is organised by **Erme Valley Harriers**.

Will Battershill was the last Erme Valley athlete to win the **Ivybridge 10K** although **Alison McEwing** won the ladies race last year

Kairn Stone holds the course record with a time of 31.08 set in 2010
Rebecca Ezra Ham holds the ladies record with a time of 36.33 set in 2023

Ivybridge 10k winners

Year	Male Winner	Club	Time	Female Winner	Club	Time
1988	Dave Francis	Erme Valley H	32.20	Linda Roberts	Instinctive Sport	40.56
1989	Bob Wise	Plymouth AC	30.55	Andrea Wallace	Torbay AC	39.24
1990	Bob Wise	Plymouth AC	30.55	Samantha Harle	Torbay AC	40.17
1991	Bob Wise	Plymouth AC	31.28	Samantha Harle	Torbay AC	39.02
1992	Bob Wise	Westbury Harriers	31.05	Lucy Owen	Axe Valley	38.27
1993	Bob Wise	Westbury Harriers	31.32	Caroline Hewitt	Tiverton Harriers	40.23
1994	M. Cooper	Keyham Plodders	32.28	Marion Sutton	Tipton Harriers	34.41
1995	Bob Wise	Westbury Harriers	31.48	Stephanie Ross	Teignbridge T	42.04
1996	Bob Wise	Westbury Harriers	32.44	Hannah Leach	Exeter Harriers	39.36

Current Course

1997	Mark Croasdale	RNAC	31.44	Dinah Cheverton	Newport Harriers	37.55
1998	Tony Chudley	SWRR	33.30	Cathy Darby	DML	42.19
1999	Stuart Hall	Tipton Harriers	31.50	Rachel Wilson	South Devon AC	38.47
2000	Shaun Milford	Newquay RR	32.07	Jill Harrison	Exeter Harriers	38.19
2001	Ronnie James	Cornwall AC	33.10	Jo Kelsey	Tavistock AC	38.50
2002	Daniel Carthy	Cornwall AC	32.27	Michelle Wannell	Exeter Harriers	37.01
2003	Daniel Carthy	Cornwall AC	33.40	Revis Crowle	East Cornwall H	38.02
2004	Stuart Hall	Tipton Harriers	32.21	Revis Crowle	East Cornwall H	37.34
2005	Stuart Hall	Tipton Harriers	32.30	Revis Crowle	East Cornwall H	37.24
2006	Kevin Sharp	Newquay R R	33.16	Helen Parkinson	Bideford AAC	37.12
2007	Matt Robinson	Torbay AC	33.25	Helen Parkinson	Torbay AC	38.05
2008	Kairn Stone	Newham & Essex Beagles	32.06	Helen Parkinson	Torbay AC	36.58
2009	Chris Rimmer	Plymouth Harriers	32.44	Anne Luke	Tamar Trotters	37.58
2010	Kairn Stone	Newham & Essex Beagles	31.08	Anne Luke	Tamar Trotters	38.08
2011	Jim Cole		32.48	Anne Luke	Tamar Trotters	38.10
2012	Pete Monaghan	Torbay AC	33.42	Jo Meek	Tavistock AC	36.39
2013	Jim Cole	Tavistock AC	32.38	Lucy Hodgson	Newquay RR	37.40
2014	Chris Rimmer	Plymouth Harriers	33.04	Ami Yetton	Plymouth Harriers	39.57
2015	Ceri Rees	Wild Running	33.03	Melanie Dunn	Teignbridge Trotters	40.51
2016	William Battershill	Erme Valley Harriers	32.37	Michelle Cowley	South Devon AC	39.15
2017	Donald Brooks		34.28	Charlie Arnell	Torbay AC	38.45
2018	Ben Neale	Tavistock Run Project	33.20	Naomi Flanagan	Torbay AC	39.19
2019	Jim Cole	Tavistock Run Project	32.23	Rebecca Ezra	Tamar Trotters	38.32
Race not held in 2020 or 2021						
2022	Jamie Barnett	Teignbridge Trotters N/A	32.43	Lauren Knox	Storm Plymouth	42.25
2023	Jim Cole	Tavistock Run Project	32.32	Rebecca Ezra Ham	Tamar Trotters	36.33
2024	Ollie Thorogood	South West Road Runners	33.05	Charlotte Walker	Tavistock AC	38.50
2025	Tom Merson	Exmouth Harriers	32.36	Alison McEwing	Erme Valley Harriers	37.10

Course Records

	Kairn Stone	Newham & Essex Beagles	31.08	Rebecca Ezra Ham	Tamar Trotters	36.33
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Some sad news: It has come to my notice that former club athletes **Jill York** and **Al Fowdon** have passed away. **Jill** passed away recently, whilst **Al** passed away towards the end of last year, but this has only recently been discovered.

Both **Jill** and **Al** were mainly in the club in the mid to late nineties. **Jill** competed in track, cross country, road and more latterly race walking. Both held club vet records as you will see from the list below.

Older club athletes will remember them both - **Editor**



Al (on the left in the jeans) and **Jill** (3rd left – pink shorts) at the famous **Albaston Relays**



ERME VALLEY HARRIERS

SENIOR ROAD RECORDS

MENS

10k	Will Battershill	29.54	Draycott 21
10 miles	Will Battershill	49.45	Derby 23
Half Marathon	Neil Holmes	1.08.44	Burnham 95
Marathon	Ben Holmes	2.23.43	London 26

LADIES

10k	Alison McEwing	35.46	Exeter 26
10 miles	Alison McEwing	60.47	Bideford 22
Half Marathon	Alison McEwing	1.19.00	Farnborough 23
Marathon	Alison McEwing	2.46.21	Valencia 25

TRAINING ROUTES

May

12th – Penquit Loop
19th – Spirit of the Moor or Speed session at Julian Road
26th – Out and Back towards South Brent

June

2nd – Summer Handicap #3
9th – Hill Reps at Palace Lane
16th – Spirit of the Moor
23rd – Speed session at Filham Lake
30th – Harford Loop

VET MENS ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
40 – 44	N Holmes 33.11 Clevedon 05	N Holmes 55.14 Teignbridge 05	N Holmes 1.12.55 Plymouth 05	R Haynes 2.45.32 Manc 25
45 – 49	S Fitze 34.48 Cardiff 25	A Ryder 57.00 Teignbridge 09	S Fitze 1.14.55 Cambridge 26	S Fitze 2.39.26 Valencia 25
50 – 54	M Hansen 36.22 Bideford 09	M Hansen 58.49 Plymouth 09	M Hansen 1.19.14 Taunton 09	S Fitze 2.41.52 London 26
55 – 59	M Hansen 37.44 Clevedon 14	M Hansen 64.07 Bideford 14	A Trigg 1.24.07 Bridgwater 17	A Trigg 3.03.20 Chester 18
60 – 64	D Engledew 41.15 Exeter 2024	D Engledew 70.24 Bideford 19	D Engledew 1.31.20 Bideford 24	D Rayfield 3.26.14 Paris 26
65 – 69	D Engledew 43.18 Exeter 25	D Engledew 69.05 Bideford 24	D Engledew 1.33.08 Cardiff 24	D Engledew 3.32.51 Newport 25
70 – 74	K Summers 49.06 Exeter 24	K Summers 1.18.50 Great South 23	K Summers 1.46.03 Kew 23	
75 – 79	E Perks 66.15 Plympton 99	E Perks 103.51 Guy Fawkes 98	E Perks 2.27.15 Plymouth 98	E Perks 5.56.55 London 00
80 – 84	E Perks 70.50 Ivybridge 03	E Perks 127.02 Plymouth 03	E Perks 2.47.07 Plymouth 03	
85 – 89	E Perks 80.19 Ivybridge 07		E Perks 3.10.48 Plymouth 07	

VET LADIES ROAD RECORDS

<u>AGE GROUP</u>	10K	10 Miles	Half Marathon	Marathon
35 – 39	A McEwing 35.46 Exeter 26	A McEwing 60.09 Exeter 25	A McEwing 1.19.00 Farnborough 23	A McEwing 2.46.21 Valencia 25
40 – 44	A Thorn 37.47 Exeter 16	J Swift 62.02 Bideford 12	J Swift 1.22.15 Cardiff 12	C Perry 2.58.53 London 17
45 – 49	A Thorn 37.14 Glastonbury 22	A Thorn 63.45 Granite 21	A Thorn 1.20.34 Farnborough 23	A Thorn 2.50.58 Chester 22
50 – 54	A Thorn 38.29 Langley Bur 24	A Thorn 63.00 Chippenham 24	A Thorn 1.22.59 Bath 24	A Thorn 3.00.05 Newport 24
55 – 59	H Chapell 44.43 Exeter 26	H Chapell 76.38 Portsmouth 25	H Chapell 1.39.20 Zurich 26	H Chapell 3.42.29 London 26
60 – 64	A Engledew 46.16 Telford 19	A Engledew 79.36 Bideford 19	A Engledew 1.43.06 Helsby 20	A Engledew 3.52.33 London 19
65 – 69	A Engledew 47.44 Exeter 24	M McKay 88.56 Bideford 12	A Engledew 1.45.40 Bideford 24	A Engledew 3.57.37 Newport 24

