

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	S Fitze 34.41 Langley B 26	M Hansen 58.49 Plymouth 09	S Fitze 1.16.29 Swansea 26	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 1.18.32 Swansea 26	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

