VET MENS ROAD RECORDS

AGE GROUP	10K	10 Miles	Half Marathon	Marathon
40 – 44	**N Holmes**	**N Holmes**	**N Holmes**	**R Haynes**
	33.11	55.14	1.12.55	2.45.32
	Clevedon 05	Teignbridge 05	Plymouth 05	Manc 25
45 – 49	**S Fitze**	**A Ryder**	**S Fitze**	**S Fitze**
	34.48	57.00	1.14.55	2.39.26
	Cardiff 25	Teignbridge 09	Cambridge 26	Valencia 25
50 – 54	**S Fitze**	**M Hansen**	**S Fitze**	**S Fitze**
	34.41	58.49	1.15.33	2.41.52
	Langley B 26	Plymouth 09	Cardiff 26	London 26
55 – 59	**M Hansen**	**M Hansen**	**A Trigg**	**A Trigg**
	37.44	64.07	1.24.07	3.03.20
	Clevedon 14	Bideford 14	Bridgwater 17	Chester 18
60 – 64	**D Engledew**	**D Engledew**	**D Engledew**	**D Rayfield**
	41.15	70.24	1.31.20	3.26.14
	Exeter 2024	Bideford 19	Bideford 24	Paris 26
65 – 69	**D Engledew**	**D Engledew**	**D Engledew**	**D Engledew**
	43.18	69.05	1.33.08	3.32.51
	Exeter 25	Bideford 24	Cardiff 24	Newport 25
70 – 74	**K Summers**	**K Summers**	**K Summers**	
	49.06	1.18.50	1.46.03	
	Exeter 24	Great South 23	Kew 23	
75 – 79	**E Perks**	**E Perks**	**E Perks**	**E Perks**
	66.15	103.51	2.27.15	5.56.55
	Plympton 99	Guy Fawkes 98	Plymouth 98	London 00
80 – 84	**E Perks**	**E Perks**	**E Perks**	
	70.50	127.02	2.47.07	
	Ivybridge 03	Plymouth 03	Plymouth 03	
85 – 89	**E Perks**		**E Perks**	
	80.19		3.10.48	
	Ivybridge 07		Plymouth 07	

VET LADIES ROAD RECORDS

AGE GROUP	10K	10 Miles	Half Marathon	Marathon
35 – 39	**A McEwing**	**A McEwing**	**A McEwing**	**A McEwing**
	35.46	58.27	1.17.20	2.46.21
	Exeter 26	Bideford 26	Cardiff 26	Valencia 25
40 – 44	**A Thorn**	**J Swift**	**J Swift**	**C Perry**
	37.47	62.02	1.22.15	2.58.53
	Exeter 16	Bideford 12	Cardiff 12	London 17
45 – 49	**A Thorn**	**A Thorn**	**A Thorn**	**A Thorn**
	37.14	63.45	1.20.34	2.50.58
	Glastonbury 22	Granite 21	Farnborough 23	Chester 22
50 – 54	**A Thorn**	**A Thorn**	**A Thorn**	**A Thorn**
	38.29	63.00	1.22.59	3.00.05
	Langley Bur 24	Chippenham 24	Bath 24	Newport 24
55 – 59	**H Chapell**	**H Chapell**	**H Chapell**	**H Chapell**
	44.43	76.38	1.39.20	3.37.46
	Exeter 26	Portsmouth 25	Zurich 26	Cornish 26
60 – 64	**A Engledew**	**A Engledew**	**A Engledew**	**A Engledew**
	46.16	79.36	1.43.06	3.52.33
	Telford 19	Bideford 19	Helsby 20	London 19
65 – 69	**A Engledew**	**M McKay**	**A Engledew**	**A Engledew**
	47.44	88.56	1.45.40	3.57.37
	Exeter 24	Bideford 12	Bideford 24	Newport 24