

Overall Club Records

	parkrun	5k	10k	10 Miles	Half Marathon	Marathon
Male	16m03s Rikki James Poole parkrun 2018	15m31s John Porter Yeovil 5k 2007	29m55s Dave Neill Redditch 1990	49m26s Dave Neill Hoe 10 1989	1h05m03 Dave Neill Lincoln Half Marathon 1990	2h29m36s Steve Payne London Marathon 2000
Female	17m51s Ami Yetton Exmouth parkrun 2018	17m37s Ami Yetton Intercounty Champs Exeter 2010	36m49s Ami Yetton Bideford 10k 2010	59m04s Angela Allen Erewhash 1996	1h17m12s Angela Allen Bath Half Marathon 1996	2h59m21s Ami Yetton London Marathon 2014

Age Category Club Records

	parkrun	5k	10k	10 Miles	Half Marathon	Marathon
Senior Male	16m03s Rikki James Poole parkrun 2018	15m31s John Porter Yeovil 5k 2007	29m55s Dave Neill Redditch 1990	49m26s Dave Neill Hoe 10 1989	1h05m03 Dave Neill Lincoln Half Marathon 1990	2h31m22s Jordan Andrews London Marathon 2017
Male Vet 40	17m15s John Porter Stretford parkrun 2016	16m13s John Porter South West Champs Exeter 2012	32m07s Dave Wilson Evans Bath 10k 1997	53m28s Steve Payne Teignbridge 2000	1h10m15s Steve Payne Bristol Half Marathon 1999	2h29m36s Steve Payne London Marathon 2000
Male Vet 45	17m07s David Beckenkraeger Hartlepool parkrun 2015	16m50s John Porter 5kool Run 2018	33m24s Steve Payne Clevedon 2005	54m41s Steve Payne Teignbridge 2002	1h11m14s Steve Payne Bath Half Marathon 2002	2h31m51s Steve Payne London Marathon 2003
Male Vet 50	20m28s Andy Marshall Plymvalley parkrun 2013	19m38s Chris Puertas Armada Summer Series 2017	34m39s Steve Payne Exmouth 2006	56m14s Steve Payne Hoe 10 2006	1h16m11s Pete Dent Newton Abbot 2003	2h37m02s Steve Payne London Marathon 2006
Male Vet 55	20m36s Andy Marshall Forest Rec parkrun 2016	20m09s Andy Charles Armada Summer Series 2018	36m50s Pete Tabenor Exeter Last Chance 2002	1h01m23s Pete Tabenor Hoe 10 2002	1h20m29s Mike Beattie Bideford Half Marathon 2005	2h55m45s Mike Beattie London Marathon 2006
Male Vet 60+	23m23s Ian Dart Plymvalley parkrun 2016	24m24s Geoff Honey Club 5k 2010	36m16s Pete Tabenor Taunton 2004	1h04m51s Pete Tabenor Hoe 10 2004	1h27m17 Michael Roberts Chester Half Marathon 2012	3h45m00s Ian Dart London Marathon 2017

Age Category Club Records

	parkrun	5k	10k	10 Miles	Half Marathon	Marathon
Senior Female	19m59s Ami Yetton Plymvalley parkrun 2015	17m37s Ami Yetton Intercounty Champs Exeter 2010	36m49s Ami Yetton Bideford 10k 2010	59m04s Angela Allen Erewash 1996	1h17m12s Angela Allen Bath Half Marathon 1996	2h59m21s Ami Yetton London Marathon 2014
Female Vet 35	17m51s Ami Yetton Exmouth parkrun 2018	18m38s Ami Yetton Tavy 5k 2018	38m32s Ami Yetton Battle of Sedgmoor 10k 2018	1h05m50s Ami Yetton Bideford 10miler 2018	1h25m45s Ami Yetton Fleet Half Marathon 2017	3h15m40s Mary Ostle Torbay Marathon 1988
Female Vet 40	19m17s Jane Allison Winchester parkrun 2013	19m06s Jennie Kingdon DML 5k 2004	39m08s Jennie Kingdon Torbay 10k 2004	1h05m00s Jane Allison Templar 10 2014	1h24m24s Jennie Kingdon Bath Half Marathon 2006	3h01m29s Jennie Kingdon London Marathon 2005
Female Vet 45	22m03s Jane Allison Plymvalley parkrun 2018	19m57s Jennie Kingdon Club 5k 2008	40m28s Jennie Kingdon Mad March Hare 2008	1h06m36s Jennie Kingdon Hoe 10 2008	1h32m01s Jennie Kingdon Bideford Half Marathon 2009	3h29m50s Jill Anderson London Marathon 2013
Female Vet 50	24m56s Jayne Dart-Cassidy Plymvalley parkrun 2013	22m59s Jill Anderson Club 5k - Lipson 2018	45m07s Jill Anderson Eastleigh 10k 2015	1h15m11s Jill Anderson Storm Force 10 2017	1h37m44s Jill Anderson Plymouth Half Marathon 2017	3h53m16s Sue Britton London Marathon 1996
Female Vet 55	26m07s Anne Marshall Nottingham parkrun 2016	25m14s Linda Trebilcock Armada Summer Series 2017	50m10s Linda Trebilcock Ivybridge 10k 2016	1h25m35s Karen Eccles Templar 10 2017	1h48m36s Linda Trebilcock Bath Half Marathon 2017	3h57m34s Karen Eccles Manchester Marathon 2017
Female Vet 60+	27m30s Mary Ostle Plymvalley parkrun 2014	26m13s Pat Tabenor Club 5k 2009	52m14s Mary Ostle Plymouth 10k 2012	1h28m24s Sue Britton Templar 10 2004	1h56m25s Mary Ostle Taunton Half Marathon 2013	4h56m00s Mary Ostle Keider 2013