

# MEN

| Mile (Road) |             |       |            |                      |     |
|-------------|-------------|-------|------------|----------------------|-----|
| SM          | Nic Andrews | 4.35  | 06-02-2003 | Paignton - Club Mile | SF  |
| M35         |             |       |            |                      | F35 |
| M40         |             |       |            |                      | F40 |
| M45         |             |       |            |                      | F45 |
| M50         | Marc Walpot | 5.38  | 25-09-2018 | Paignton - Club Mile | F50 |
| M55         |             |       |            |                      | F55 |
| M60         |             |       |            |                      | F60 |
| M65         |             |       |            |                      | F65 |
| M70         | Keith Belt  | 6.21  | 25-09-2018 | Paignton - Club Mile | F70 |
| M75         | Ken House   | 7.53  | 09-04-2009 | Paignton - Club Mile | F75 |
| M80         |             |       |            |                      | F80 |
| M85         | Ken House   | 10.58 | 15-09-2016 | Paignton - Club Mile | F85 |

| 3 Km (Road) |               |       |            |                       |     |
|-------------|---------------|-------|------------|-----------------------|-----|
| SM          | Dean Shepherd | 8.47  | 14-11-1990 |                       | SF  |
| M35         |               |       |            |                       | F35 |
| M40         | Les Golder    | 10.09 | 10-10-2001 | Brixham 3km Series    | F40 |
| M45         | Steve Lang    | 10.19 | 12-12-2001 | Brixham 3km Series    | F45 |
| M50         | Alan Sloman   | 11.23 | 20-05-2001 | Brixham - Club Champs | F50 |
| M55         | Terry Hair    | 11.12 | 10-12-1997 | Exmouth               | F55 |
| M60         | Terry Hair    | 10.49 | 13-01-1999 | Brixham               | F60 |
| M65         | Ken House     | 12.37 | 14-01-1998 | Brixham               | F65 |
| M70         | Ken House     | 13.14 | 12-12-2001 | Brixham 3km Series    | F70 |
| M75         | Ron Atherton  | 13.53 | 20-05-2001 | Brixham - Club Champs | F75 |
| M80         | Ken House     | 16.44 | 27-09-2011 | Paignton 3km Winter   | F80 |
| M85         | Ken House     | 20.23 | 29-09-2016 | Paignton 3km Winter   | F85 |

| 5 Km (Road) |               |       |            |                       |     |
|-------------|---------------|-------|------------|-----------------------|-----|
| SM          | Dave Severn   | 16.49 | 04-09-2004 | Saltram               | SF  |
| M35         |               |       |            |                       | F35 |
| M40         | Adrian Tucker | 17.49 | 10-09-2007 | Saltram               | F40 |
| M45         | Colin Peters  | 19.19 | 16-11-2010 | Brixham - Club Champs | F45 |
| M50         | Colin Peters  | 18.15 | 07-06-2016 | Exeter - 5k Series    | F50 |
| M55         | Graeme Kay    | 20.12 | 06-08-2013 | Exeter - 5k series    | F55 |
| M60         | Keith Belt    | 20.49 | 02-06-2007 | Saltram               | F60 |
| M65         | Keith Belt    | 21.19 | 06-08-2013 | Exeter - 5k series    | F65 |
| M70         | Ron Atherton  | 20.35 | 21-05-1996 |                       | F70 |
| M75         | Keith Belt    | 23.27 | 22-06-2021 | Exeter 5k             | F75 |
| M80         | Ken House     | 28.40 | 01-05-2011 | Exeter                | F80 |
| M85         | Ken House     | 35.38 | 24-09-2016 | Exeter                | F85 |

| 5 Mile (Road) |               |       |            |                   |     |
|---------------|---------------|-------|------------|-------------------|-----|
| SM            | Dean Shepherd | 25.23 | 23-02-1992 | Exmouth Fulford 5 | SF  |
| M35           |               |       |            |                   | F35 |
| M40           | Pete Monaghan | 27.52 | 06-02-2005 | Exmouth Fulford 5 | F40 |

|     |                |       |            |                   |     |
|-----|----------------|-------|------------|-------------------|-----|
| M45 | Eddie Bairstow | 32.16 | 13-02-2000 | Exmouth Fulford 5 | F45 |
| M50 | Colin Peters   | 30.35 | 05-02-2017 | Exmouth Fulford 5 | F50 |
| M55 | Terry Hair     | 30.54 | 12-05-1998 | Dumfries          | F55 |
| M60 | Terry Hair     | 31.34 | 13-02-2000 | Exmouth Fulford 5 | F60 |
| M65 | Ron Atherton   | 33.00 | 26-02-1995 | Exmouth Fulford 5 | F65 |
| M70 | Ken House      | 36.50 | 10-02-2002 | Exmouth Fulford 5 | F70 |
| M75 | Ken House      | 41.58 | 04-02-2007 | Exmouth Fulford 5 | F75 |
| M80 | Ken House      | 47.31 | 05-02-2012 | Exmouth Fulford 5 | F80 |
| M85 | Ken House      | 57.22 | 25-06-2016 | Sticker           | F85 |

| 10 Km (Road) |                |         |            |                           |     |
|--------------|----------------|---------|------------|---------------------------|-----|
| SM           | Jamie Staples  | 32.00   | 05-06-1994 |                           | SF  |
| M35          | Robert Foster  | 47.16   | 27-05-2023 | Ivybridge 10k             | F35 |
| M40          | Pete Monaghan  | 34.32   | 14-05-2005 | Ivybridge                 | F40 |
| M45          | Paul Widdowson | 35.09   | 06-06-1993 |                           | F45 |
| M50          | Colin Peters   | 37.30   | 08-01-2017 | Exeter - First Chance 10k | F50 |
| M55          | Terry Hair     | 40.01   | 19-04-1998 | Ottery 10k                | F55 |
| M60          | Terry Hair     | 40.25   | 04-10-1998 | Brixham                   | F60 |
| M65          | Ken House      | 41.04   | 02-06-1996 | Liverpool                 | F65 |
| M70          | Ron Atherton   | 42.42   | 06-10-1996 | Brixham - Devon Cham      | F70 |
| M75          | Keith Belt     | 49.45   | 06-06-2021 | Burrator 10k              | F75 |
| M80          | Ken House      | 58.36   | 17-03-2011 | Exeter                    | F80 |
| M85          | Ken House      | 1.20.18 | 15-05-2016 | Bristol                   | F85 |

| 10 Mile (Road) |                |         |            |             |     |
|----------------|----------------|---------|------------|-------------|-----|
| SM             | Dean Shepherd  | 52.50   | 27-10-1991 |             | SF  |
| M35            |                |         |            |             | F35 |
| M40            | Pete Monaghan  | 59.09   | 20-02-2005 | Plymouth    | F40 |
| M45            | Eddie Bairstow | 1.01.09 | 28-03-1999 | Teignbridge | F45 |
| M50            | Dave Lynch     | 1.06.29 | 25-03-2007 | Teignbridge | F50 |
| M55            | Pete Rogers    | 1.05.15 | 28-10-2001 | Teignbridge | F55 |
| M60            | Terry Hair     | 1.04.55 | 28-03-1999 | Teignbridge | F60 |
| M65            | Ken House      | 1.11.08 | 01-11-1998 | Plymouth    | F65 |
| M70            | Ron Atherton   | 1.10.50 | 05-05-1996 |             | F70 |
| M75            | Ken House      | 1.25.56 | 18-02-2007 | Plymouth    | F75 |
| M80            | Ken House      | 1.42.48 | 19-02-2012 | Plymouth    | F80 |
| M85            |                |         |            |             | F85 |

| Half Marathon (Road) |                |         |            |               |     |
|----------------------|----------------|---------|------------|---------------|-----|
| SM                   | Gary Pugh      | 1.10.20 | 20-03-1994 |               | SF  |
| M35                  |                |         |            |               | F35 |
| M40                  | Pete Monaghan  | 1.17.20 | 06-03-2005 | Bideford Half | F40 |
| M45                  | Bryan Caldwell | 1.15.02 | 28-06-1998 | Torbay Half   | F45 |
| M50                  | Colin Peters   | 1.23.09 | 26-06-2016 | Torbay Half   | F50 |
| M55                  | Terry Hair     | 1.26.56 | 28-08-1997 | Exmouth Half  | F55 |
| M60                  | Ken House      | 1.29.32 | 10-05-1992 | Peterborough  | F60 |
| M65                  | Keith Belt     | 1.34.30 | 12-02-2012 | Exeter Half   | F65 |
| M70                  | Ken House      | 1.42.19 | 05-05-2002 | Exeter Half   | F70 |
| M75                  | Ken House      | 1.57.36 | 30-03-2008 | Taunton Half  | F75 |

|     |           |         |            |               |     |
|-----|-----------|---------|------------|---------------|-----|
| M80 | Ken House | 2.11.32 | 04-03-2012 | Bideford Half | F80 |
| M85 |           |         |            |               | F85 |

| 20 Mile (Road) |               |         |            |              |     |
|----------------|---------------|---------|------------|--------------|-----|
| SM             | Gary Pugh     | 2.07.40 | 23-02-1997 | Liskeard     | SF  |
| M35            |               |         |            |              | F35 |
| M40            | Neil Downer   | 2.36.15 | 28-03-2010 | San Domenico | F40 |
| M45            | Neil Downer   | 2.32.04 | 18-03-2012 | Gloucester   | F45 |
| M50            | Clive Gillman | 2.27.58 | 23-03-2003 | Worthing     | F50 |
| M55            | Clive Gillman | 2.34.48 | 06-03-2005 | Christchurch | F55 |
| M60            | Clive Gilman  | 3.21.08 | 18-03-2012 | Worthing     | F60 |
| M65            |               |         |            |              | F65 |
| M70            |               |         |            |              | F70 |
| M75            |               |         |            |              | F75 |
| M80            |               |         |            |              | F80 |
| M85            |               |         |            |              | F85 |

| Marathon (Road) |                |         |            |                   |     |
|-----------------|----------------|---------|------------|-------------------|-----|
| SM              | Gary Pugh      | 2.33.00 | 16-10-1994 | Paignton          | SF  |
| M35             | Adrian Tucker  | 2.51.17 | 18-05-2003 | Dartmoor Vale     | F35 |
| M40             | Bryan Caldwell | 2.48.17 | 26-04-1998 | London Marathon   | F40 |
| M45             | Colin Peters   | 3.02.01 | 15-04-2012 | Brighton Marathon | F45 |
| M50             | Colin Peters   | 3.01.03 | 24-04-2016 | London Marathon   | F50 |
| M55             | Clive Gillman  | 3.25.36 | 10-10-2004 | Kingston          | F55 |
| M60             | Ken House      | 3.28.35 | 21-04-1991 | London Marathon   | F60 |
| M65             | Ron Atherton   | 3.20.44 | xx-04-1992 | London Marathon   | F65 |
| M70             |                |         |            |                   | F70 |
| M75             |                |         |            |                   | F75 |
| M80             |                |         |            |                   | F80 |
| M85             |                |         |            |                   | F85 |

# LADIES

| Mile (Road)     |      |            |                      |
|-----------------|------|------------|----------------------|
| Michelle Cowley | 5.12 | 07-09-2017 | Paignton - Club Mile |
| Karen Bumby     | 6.39 | 25-09-2018 | Paignton - Club Mile |
| Michelle Coles  | 7.02 | 25-09-2018 | Paignton - Club Mile |
|                 |      |            |                      |
|                 |      |            |                      |
| Kerry Bell      | 6.41 | 25-09-2018 | Paignton - Club Mile |
|                 |      |            |                      |
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| 3 Km (Road)   |       |            |          |
|---------------|-------|------------|----------|
|               |       |            |          |
| Rachel Wilson | 10.40 | 16-02-1994 | Paignton |
| Rachel Wilson | 10.56 | 14-01-1998 | Brixham  |
| Yvonne Warden | 11.51 | 11-02-1998 | Paignton |
|               |       |            |          |
|               |       |            |          |
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| 5 Km (Road)       |       |            |                       |
|-------------------|-------|------------|-----------------------|
| Naomi Flanagan    | 18.24 | 02-06-2015 | Exeter - 5k Series    |
| Dedorah Pitocco   | 20.04 | 06-08-2008 | Exeter - 5k Series    |
| Donna Throgmorton | 22.08 | 01-09-2007 | Saltram               |
| Kay Fowler        | 19.19 | 12-04-2006 | Yeovil - 5k Series    |
|                   |       |            |                       |
| Kerry Bell        | 23.11 | 03-07-2018 | Run Exe 5k            |
| Liz Lee           | 25.15 | 16-11-2010 | Brixham - Club Champs |
| Eileen Severn     | 27.02 | 16-11-2010 | Brixham - Club Champs |
|                   |       |            |                       |
|                   |       |            |                       |
|                   |       |            |                       |

| 5 Mile (Road)      |       |            |                     |
|--------------------|-------|------------|---------------------|
| Naomi Flanagan     | 31.00 | 01-02-2015 | Exmouth - Fulford 5 |
| Dedorah Pitocco    | 34.13 | 05-05-2008 | Kernow              |
| Lorraine Henderson | 40.37 | 04-02-2007 | Exmouth - Fulford 5 |

|               |       |            |                     |
|---------------|-------|------------|---------------------|
| Kay Fowler    | 33.11 | 04-02-2007 | Exmouth - Fulford 5 |
| Kay Fowler    | 34.10 | 05-05-2008 | Kernow              |
| Lynda Sloman  | 37.38 | 06-02-2005 | Exmouth - Fulford 5 |
| Eileen Severn | 41.44 | 04-02-2007 | Exmouth - Fulford 5 |
|               |       |            |                     |
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#### 10 Km (Road)

|                   |         |            |                      |
|-------------------|---------|------------|----------------------|
| Naomi Flanagan    | 37.29   | 24-08-2003 | Torbay Regatta 10k   |
| Dedorah Pitocco   | 40.37   | 24-08-2009 | Torbay Regatta 10k   |
| Donna Throgmorton | 44.51   | 21-10-2007 | Dart vale            |
| Rachel Wilson     | 40.18   | 30-12-2001 | Exeter - Last Chance |
| Kay Fowler        | 42.43   | 26-09-2010 | Taunton              |
| Kerry Bell        | 47.46   | 30-10-2018 | Exmouth 10k          |
| Kerry Bell        | 51.06   | 27-05-2023 | Ivybridge 10k        |
| Brenda Grant      | 1.08.46 | 30-08-2018 | Exmouth 10k          |
| Jean Lyle         | 1.05.40 | 08-01-2023 | First Chance 10k     |
|                   |         |            |                      |
|                   |         |            |                      |
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#### 10 Mile (Road)

|                   |         |            |               |
|-------------------|---------|------------|---------------|
| Rachel Wilson     | 62.57   | 31-03-1996 | Teignbridge   |
| Dedorah Pitocco   | 1.10.32 | 30-03-2008 | Teignbridge   |
| Rachel Wilson     | 1.02.57 | 31-03-1996 | Teignbridge   |
| Kay Fowler        | 1.07.15 | 25-03-2007 | Teignbridge   |
| Kay Fowler        | 1.08.24 | 30-03-2008 | Teignbridge   |
|                   |         |            |               |
| Stephanie Gillman | 1.37.57 | 12-02-2012 | Bramley       |
| Brenda Grant      | 2.11.48 | 23-02-2019 | Looe 10 Miler |
|                   |         |            |               |
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#### Half Marathon (Road)

|                       |         |            |                  |
|-----------------------|---------|------------|------------------|
| Naomi Flanagan        | 1.23.01 | 08-03-2015 | Bideford Half    |
| Rachel Wilson         | 1.23.16 | 10-09-1995 | Torbay Half      |
| Rachel Wilson         | 1.26.36 | 07-06-1998 | Tiverton         |
| Kay Fowler            | 1.29.06 | 01-04-2007 | Taunton Half     |
| Kay Fowler            | 1.34.33 | 06-03-2011 | Bideford Half    |
| Jean Grierson Jackson | 1.44.30 | 01-08-2010 | Indian Queens    |
| Kerry Bell            | 1.55.36 | 09-10-2022 | Bournemouth Half |
|                       |         |            |                  |
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| 20 Mile (Road)    |         |            |            |
|-------------------|---------|------------|------------|
| Helen Dyke        | 2.30.60 | 23-02-1997 | Liskeard   |
|                   |         |            |            |
| Kay Fowler        | 2.24.24 | 05-03-2006 | Gloucester |
|                   |         |            |            |
| Stephanie Gillman | 3.21.09 | 18-03-2012 | Worthing   |
|                   |         |            |            |
|                   |         |            |            |
|                   |         |            |            |
|                   |         |            |            |

| Marathon (Road)       |         |            |                   |
|-----------------------|---------|------------|-------------------|
| Naomi Flanagan        | 2.58.47 | 26-04-2015 | London Marathon   |
| Kate Maslin           | 3.17.21 | 02-12-2018 | Valencia Marathon |
| Rachel Wilson         | 3.01.30 | 14-04-1996 | Taunton Marathon  |
| Kay Fowler            | 3.15.43 | 23-04-2006 | London Marathon   |
| Kay Fowler            | 3.21.43 | 13-04-2008 | London Marathon   |
| Jean Grierson Jackson | 3.59.11 | 17-04-2011 | London Marathon   |
| Liz Lee               | 4.27.12 | 13-04-2008 | London Marathon   |
|                       |         |            |                   |
|                       |         |            |                   |
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|                       |         |            |                   |