

ROAD RACE RECORDS

2015 records highlighted						2016 records		2017 records								
5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k	5k
Male						Female										
Name	Event	Year	Time	Pos/Category	age grade	Name	Event	Year	Time	Pos/Category	Age grade					
Jim Cole	Yeovilton 5K	2011	15:12	1st Senior Men		Heather Fell	Run Exe 5K (Rd3)	2009	17:55	1st Senior Lady						
Harry Wiltshire	Yeovilton 5K	2009	15:32	2nd Senior Men		Jo Meek	Plymouth Coasters 5K	2009	18:05	2nd Senior Lady						
Pete Freedman	Yeovilton 5K	2009	15:33	3rd Senior Men		Fiona Dunn	DML 5K	2005	19:29	3rd Senior Lady						
Richard Drage	DML 5K	2003	16:25	1st M40		Samatha Lake	5Kool Run	2016	19.41	1st 35						
Martin Exley	DML 5K	2004	16:49	2nd M40		Fiona Dunn	Run Exe 5K (Rd 3)	2009	20:40	1st F35						
Chris Champion	DML 5K	2007	17:00	3rd M40		Rebecca Exley-Deane	Belfast	2007	20:56	2nd F35						
Richard Drage	DML 5K	2004	16:27	1st M45		Hazel Walker	Saltram 5K	2007	25:12	3rd F35						
Tony Symons	Yeovilton 5K	2006	16:47	2nd M45		Rebecca Exley-Deane	Wrighton & Hove Park Ru	2013	20:30	1st F40						
Pete Bazley	Saltram 5K	2003	20:56	3rd M45		Hazel Walker	Saltram 5K	2011	25.15	2nd F40						
Richard Drage	Run Exe 5K (Rd1)	2009	16:34	1st M50		Carolyn Dawe	DML 5K	2004	26:35	3rd F40						
Tony Symons	Yeovilton 5K	2011	16:48	2nd M50		Annette Roberts	DML 5K	2003	24:22	1st F45						
Steve Groombridge	DML 5K	2005	17:48	3rd M50		Claire Pitcher	Exeter 5k		25.59	2nd F45						
Richard Drage	Run Exe 5K (Rd 1)	2014	17:25	1st M55		Patricia Hewitt	DML 5K	2004	26:17	3rd F45						
Steve Groombridge	Run Exe 5K (Rd2)	2009	18:05	2nd M55		Tracey Oxborough	5Kool RuN	2016	21:44	1st F50						
Robin Musgrave	DML 5K	2005	19:58	3rd M55		Tracey Oxborough	Run Exe 5K	2016	21:48	1st F50						
Allan Herdman	The 5Kool RuN	2015	19:12	1st M60		Kate Rogers	Withenshaw 5K	2011	23:38	2nd F50						
Allan Herdman	Run Exe	2016	19:09	1st M60		Patricia Hewitt	DML 5K	2006	25:12	3rd F50						
Mike Erith	Armada 5K August	2011	21:05	2nd M60		Kate Rogers	Exeter	2014	24:17	1st F55						
David Twine	Run Exe 5k	2016	21:14	3rd M60		Kate Rogers	5Kool Run	2017	24.19	1st F55						
Andrew Houghton	Run Exe 5K	2015	21:39	1st M65		Nicolette Overy	5Kool Run	2016	25:00	2nd F55						
Trevor Williams	Forum Saltram 5K	2009	22:35	2nd M65		Sheila Houghton	Plymouth Coasters 5K	2009	26:49	3rd F55						
				3rd M65		Sheila Houghton	Hereford pk run	2014	26.31	1st F60						
Andy Houghton	Run Exe 5k	2016	21:56	1st M70		Ann Woodhouse	DML 5K	2007	30:13	2nd F60						
						Margaret Batten	5Kool RuN	2015	33:20	3rd F60						
						Christine LeFlem	Exeter 5K August	2013	24:58	1st F65						
						Sheila Houghton	5Kool Run	2016	29.04	2nd F65						
						Sheila houghton	Armada	2016	29.35							
										3rd F65						

10k						10k						10k					
Male						Female											
Name	Event	Year	Time	Pos/Category	Age Graded	Name	Event	Year	Time	Pos/Category	Age Graded						
Peter Freedman	Telford 10K	2008	00:30:37	1st Senior Men		Jo Meek	Cardiff 10K	2010	00:36:15	1st Senior Lady							
Jim Cole	Wilne 10K	2011	00:31:18	2nd Senior Men		Maddie Horton	Bideford 10K	2006	00:37:18	2nd Senior Lady							
Harry Wiltshire	Eastleigh 10K	2009	00:31:54	3rd Senior Men		Fiona Dunn	Ivybridge 10K	2005	00:39:25	3rd Senior Lady							
Steve Groombridge	Eastleigh 10K	1997	00:34:06	1st M40		Rebecca Exley-Deane	Brighton 10K	2011	00:40:32	1st F35							
Martin Exley	Cornwall 10K	2004	00:35:22	2nd M40		Samatha Lake	Burrator 10K	2016	00:40:54	2nd F35							
Tony Symons	Torbay10K	2005	00:35:26	3rd M40		Nicole Heryet	Exeter Last Chance 10K	2007	00:44:54	3rd F35							
Richard Drage	Chichester 10K	2005	00:33:25	1st M45		Caroline Steven	Exeter First Chance 10K	2011	00:39:59	1st F40							
Martin Exley	Brighton 10K	2006	00:34:30	2nd M45		Dotty Allen	Bideford 10K	2006	00:47:03	2nd F40							
Tony Symons	Cardiff 10K	2006	00:35:16	3rd M45		Kate Batt	Ivybridge 10K	2006	00:51:44	3rd F40							
Richard Drage	Eastleigh 10K	2009	00:33:54	1st M50		Caroline Steven	British Masters 10K	2011	00:42:27	1st F45							
Steve Groombridge	Bideford 10K	2005	00:35:51	2nd M50		Annette Roberts	Ivybridge 10K	2003	00:49:37	2nd F45							
Tony Symons	Exeter First Chance 10K	2012	00:36:07	3rd M50		Anne Lake	Ivybridge 10K	1998	00:52:14	3rd F45							
Richard Drage	Kings Lynn 10K	2014	00:35:43	1st M55		Kate Rogers	Chelmsford	2011	00:47:53	1st F50							
Steve Groombridge	Bideford10K	2011	00:37:02	2nd M55		Patricia Hewitt	Bideford 10K	2006	00:53:28	2nd F50							
Robin Musgrave	Ivybridge 10K	2005	00:39:25	3rd M55		Helen Alcock	Ivybridge 10K	2013	00:57:48	3rd F50							
Allan Herdman	Exeter 1st Chnace	2016	00:39:09	1st M60		Kate Rogers	Fast Friday Exeter 10k	2017	00:51:51	1st F55							
Mike Erith	Exeter 10K	2011	00:42:04	2nd M60		Anne Sturtridge	Jewton Abbot Ladies 10K	2003	00:52:08	2nd F55							
Mike Lewis	Bideford 10K	2005	00:43:18	3rd M60		Sheila Houghton	Bideford 10K	2009	00:52:39	3rd F55							
Andrew Houghton	Bridgewater 10K	2015	00:44:19	1st M65		Sheila Houghton	Torbay 10K	2012	00:54:51	1st F60							
Trevor Williams	Ivybridge 10K	2008	00:48:07	2nd M65		Ann Woodhouse	Bideford 10K	2008	01:01:04	2nd F60							
Keith Bowles	Exeter First Chance 10K	2012	00:55:10	3rd M65		Jackie Ralph	Bideford 10K	2013	01:03:33	3rd F60							
Trevor Williams	Ivybridge 10K	2013	00:50:04	1st M70		Christine LeFlem	Newquay	2013	00:53:16	1st F65							
						Sheila Houghton	Fast Friday Exeter 10k	2017	00:57:01	2nd F65							
						Rhian Johnson	Ivybridge 10K	2013	01:02:30	3rd F65							

10 mile														
Male						Female								
Name	Event	Year	Time	Pos/Category	Age grade	Name	Event	Year	Time	Pos/Category	Age grade			
Jim Cole	Plymouth Hoe 10	2009	00:52:06	1st Senior Men		Maddie Horton	Teignbridge 10	2006	00:59:38	1st Senior Lady				
Pete Freedman	Storm Force 10 Redruth	2010	00:53:10	2nd Senior Men		Jo Meek	Braunton 10	2010	01:02:05	2nd Senior Lady				
Martin Exley	Plymouth Hoe 10	1987	00:53:11	3rd Senior Men		Fiona Dunn	Plymouth Hoe 10	2005	01:04:39	3rd Senior Lady				
Steve Groombridge	Teignbridge 10	1997	00:55:35	1st M40		Sam Lake	Bideford 10 Miler	2016	01:05:26	1st F35				
Martin Exley	Teignbridge 10	2004	00:57:21	2nd M40		Nicole Heryet	Plymouth Hoe 10	2008	01:15:53	2st F35				
Rupert Warren	Plymouth Hoe 10	2008	00:58:47	3rd M40		Kate Willis	Plymouth Hoe 10	2010	01:20:53	3nd F35				
Martin Exley	Plymouth Hoe 10	2007	00:55:17	1st M45		Dotty Allen	Plymouth Hoe 10	2006	01:25:17	1st F40				
Richard Drage	Teignbridge 10	2005	00:55:55	2nd M45		Kate Batt	Teignbridge 10	2006	01:27:28	2nd F40				
Tony Symons	Oldbury Power Station 10	2010	00:58:24	3rd M45		Marion Playle	Plymouth Hoe 10	2005	01:30:37	3rd F40=				
Steve Groombridge	Teignbridge 10	2006	00:59:17	1st M50		Mary-B Flynn-S	Plymouth Hoe 10	2008	01:30:37	3rd F40=				
Robin Musgrave	Plymouth Hoe 10	2001	01:03:06	2nd M50		Catherine Dunlop	Bideford 10 Miler	2016	01:16:39	1st F45				
Pete Bazley	Plymouth Hoe 10	2008	01:04:04	3rd M50		Annette Roberts	Teignbridge 10	1996	01:19:38	2nd F45				
Steve Groombridge	Oldbury Power Station 10	2009	01:00:57	1st M55		Claire Pitcher	Bideford 10 Miler	2013	01:27:43	3rd F45				
Robin Musgrave	Teignbridge 10	2005	01:05:54	2nd M55		Tracy Oxborough	Bideford 10 Miler	2016	01:12:54	1st F50				
Mike Lewis	Plymouth Hoe 10	2002	01:06:25	3rd M55		Patricia Hewitt	Teignbridge 10	2006	01:26:15	2nd F50				

Allan Herdman	Plymouth Hoe 10	2013	01:09:05	1st M60	
Mike Lewis	Plymouth Hoe 10	2005	01:10:40	2nd M60	
Pete Bazley	Bideford 10 Miler	2016	01:11:03	3rd M60	
Andrew Houghton	Bideford 10 Miler	2015	01:12:32	1st M65	
Trevor Williams	Teignbridge 10	2009	01:16:45	2nd M65	

Claire Pitcher	Bideford 10 Miler	2015	01:27:06	3rd F50	
Kate Rogers	Bideford 10 Miler	2016	01:25:00	1st F55	
Kate Rogers	Bideford 10 Miler	2013	01:26:25	2nd F55	
Sheila Houghton	Bideford 10 Miler	2009	01:30:34	3rd F55	
Sheila Houghton	Bideford 10 Miler	2012	01:26:33	1st F60	
Ann Woodhouse	Bideford 10 Miler	2008	01:43:27	2nd F60	
Marit Green	Bideford 10 Miler	2016	01:38:59	3rd F60	
Christine LeFlem	Bideford 10 Miler	2013	01:25:03	1st F65	
Sheila Houghton	Bideford 10 Miler	2016	01:35:58	2nd F65	

Half Marathon

Male					
Name	Event	Year	Time	Pos/Category	Age Grade
Jim Cole	Bideford Half Marathon	2013	01:08:57	1st Senior Men	
Martin Exley	Bath Half Marathon	1987	01:10:22	2nd Senior Men	
Richard Drage	Bideford Half Marathon	1997	01:11:48	3rd Senior Men	
Steve Groombridge	Bideford Half Marathon	1997	01:15:25	1st M40	
Tony Symons	Bideford Half Marathon	2005	01:19:20	2nd M40	
Chris Eastaugh	Bristol Half Marathon	2005	01:23:07	3rd M40	
Richard Drage	Bristol Half Marathon	2005	01:14:32	1st M45	
Martin Exley	Orremininos Half Marathon	2007	01:14:56	2nd M45	
Steve Groombridge	Bideford Half Marathon	2002	01:17:07	3rd M45	
Steve Groombridge	Bideford Half Marathon	2005	01:17:18	1st M50	
Robin Musgrave	Bideford Half Marathon	2002	01:22:32	2nd M50	
Paul Sturtridge	Plymouth Half Marathon	2006	01:27:10	3rd M50	
Steve Groombridge	Bristol Half Marathon	2009	01:22:47	1st M55	
Robin Musgrave	Bideford Half Marathon	2005	01:26:30	2nd M55	
Mike Lewis	Great West Run	2002	01:27:59	3rd M55	
Allan Herdman	Bideford Half Marathon	2016	01:27:20	1st M60	
Mike Lewis	Plymouth Half Marathon	2005	01:37:01	2nd M60	
Wally Lake	Bideford Half Marathon	2013	01:39:06	3rd M60	
Andrew Houghton	Bath Half Marathon	2016	01:36:15	1st M65	
Trevor Williams	Granollers HM Spain	2010	01:44:30	2nd M65	
Trevor Williams	Bideford Half Marathon	2014	01:50:52	1st M70	

Female					
Name	Event	Year	Time	Pos/Category	Age Grade
Maddie Horton	Taunton Half Marathon	2006	01:19:57	1st Senior Lady	
Jo Meek	Ruby Run Half Marathon	2010	01:20:10	2nd Senior Lady	
Fiona Dunn	Bideford Half Marathon	2005	01:26:28	3rd Senior Lady	
Samanha Lake	Cardiff Half Marathon	2016	01:29:19	1st F35	
Rebecca Exley-Deane	Truro Half Marathon	2007	01:43:01	2nd F35	
Hazel Walker	New Forest Half Marathon	2010	01:53:57	3rd F35	
Rebecca Exley-Deane	Orremininos Half Marathon	2015	01:36:31	1st F40	
Sam Marshall	Cardiff Half Marathon	2008	01:49:39	2nd F40	
Vicki Lloyd	Plymouth Half Marathon	2011	01:51:08	3rd F40	
Dotty Allen	Cardiff Half Marathon	2008	01:44:26	1st F45	
Annette Roberts	Bideford Half Marathon	2005	01:47:59	2nd F45	
Anne Lake	Worcester Half Marathon	2005	01:51:10	3rd F45	
Tracey Oxborough	Torbay Half Marathon	2015	01:41:18	1st F50	
Gill Court	Bristol Half Marathon	2008	01:42:22	2nd F50	
Kate Rogers	Weymouth Half Marathon	2011	01:52:03	3rd F50	
Sheila Houghton	Wale of Belvoir Half Marathon	2009	01:54:16	1st F55	
Anne Lake	Bideford Half Marathon	2005	01:56:49	2nd F55	
Kate Rogers	Armada	2014	01:58:53	3rd F55	
Sheila Houghton	Taunton Half Marathon	2012	01:57:59	1st F60	
				2nd F60	
				3rd F60	
Christine LeFlem	Bideford Half Marathon	2013	02:01:30	1st F65	
Rhian Johnson	Bideford Half Marathon	2013	02:14:12	2nd F65	
Ann Woodhouse	Bideford Half Marathon	2011	02:26:12	3rd F65	

Marathon

Male					
Name	Event	Year	Time	Pos/Category	
Richard Drage	London Marathon	1997	02:40:24	1st Senior Men	
Rupert Warren	London Marathon	2007	02:44:50	2nd Senior Men	
Adam Holland	Edinburgh Marathon	2011	02:45:03	3rd Senior Men	
Steve Groombridge	London Marathon	1997	02:40:59	1st M40	
Martin Exley	London Marathon	2004	02:50:55	2nd M40	
Chris Eastaugh	London Marathon	2006	02:54:29	3rd M40	
Steve Groombridge	London Marathon	2000	02:41:29	1st M45	
Martin Exley	London Marathon	2006	02:47:24	2nd M45	
Tony Symons	Duchy Marathon	2007	02:51:31	3rd M45	
Steve Groombridge	London Marathon	2005	02:45:49	1st M50	
Tony Symons	London Marathon	2012	02:50:46	2nd M50	
Robin Musgrave	London Marathon	2002	02:57:01	3rd M50	
Allan Herdman	London Marathon	2007	03:14:16	1st M55	
Keith Bowles	London Marathon	2002	03:47:29	2nd M55	
Richard Windemer	New Forest Marathon	2008	03:49:42	3rd M55	
Allan Herdman	London Marathon	2016	03:03:03	1st M60	
Roger Hewitt	London Marathon	2013	03:56:17	2nd M60	
Adrian Pitcher	London Marathon	2016	03:58:05	3rd M60	
Andrew Houghton	London Marathon	2015	03:46:16	1st M65	
Trevor Williams	Dartmoor Vale Marathon	2009	03:47:53	2nd M65	
Ray Bennett	London Marathon	2009	03:59:58	3rd M65	
Andy Houghton	London Marathon	2016	03:36	1st M70	
				2nd M70	

Female					
Name	Event	Year	Time	Pos/Category	
Jo Meek	Edinburgh Marathon	2011	02:55:36	1st Senior Lady	
Fiona Dunn	Cardiff Marathon	2004	03:18:32	2nd Senior Lady	
Becky Mingo	Taunton Marathon	2011	03:32:11	3rd Senior Lady	
Sam Lake	London Marathon	2016	03:09:06	1st F35	
Kirstie Trotter	London Marathon	2006	04:46:19	2nd F35	
Mary-B Flynn-S	London Marathon	2006	05:02:19	3rd F35	
Wendy Outhwaite	London Marathon	2006	04:32:40	1st F40	
Marion Playle	London Marathon	2005	04:35:40	2nd F40=	
Dotty Allan	London Marathon	2005	04:35:40	2nd F40=	
Dotty Allan	London Marathon	2011	03:48:18	1st F45	
Annette Roberts	London Marathon	2005	04:00:25	2nd F45	
Anne Lake	London Marathon	1996	04:28:00	3rd F45	
Gill Court	New Forest Marathon	2008	03:52:13	1st F50	
Claire Pitcher	London	2016	04:11:02	2nd F50	
Alison Eagleton	London Marathon	2011	05:37:41	1st F55	
Jackie Ralph	London Marathon	2013	05:16:09	1st F60	
Ann Woodhouse	London Marathon	2006	05:29:34	2nd F60	
Ann Woodhouse	London Marathon	2013	05:58:46	1st F65	