

TAVISTOCK Athletic Club

www.tavistockathletics.co.uk

2nd October 2018

ROAD RACE RECORDS

2015 records highlighted 2016 records 2017 records 2018 records

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	
Adam Holland	Buraham+Highbridge	2018	15:31	2nd Senior Men		Jo Meek	Plymouth Coasters 5K	2009	18:05	2nd Senior Lady	
Harry Wiltshire	Yeovilton 5K	2009	15:32	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 F35	
Martin Exley	DML 5K	2004	16:49	2nd M40		Fiona Dunn	Run Exe 5K (Rd 3)	2009	20:40	2nd F35	
Chris Champion	DML 5K	2007	17:00	3rd M40		Rebecca Exley-Deane	Belfast	2007	20:56	3rd F35	
Richard Drage	DML 5K	2004	16:27	1st M45		Rebecca Exley-Deane	Brighton & Hove Park Ru	2013	20:30	1st F40	
Tony Symons	Yeovilton 5K	2006	16:47	2nd M45		Nicole Heryet	5Kool Run	2016	22:44	2nd F40	
Pete Bazley	Saltram 5K	2003	20:56	3rd M45		Hazel walker	Saltram 5K	2011	25:15	3rd F40	
Richard Drage	Run Exe 5K (Rd1)	2009	16:34	1st M50		Nicole Heryet	5Kool Run	2018	22:47	1st F45	
Tony Symons	Yeovilton 5K	2011	16:48	2nd M50		Annette Roberts	DML 5K	2003	24:22	2nd F45	
Steve Groombridge	DML 5K	2005	17:48	3rd M50		Claire Pitcher	Exeter 5k	2014	25:59	3rd F45	
Richard Drage	Run Exe 5K (Rd 1)	2014	17:25	1st M55		Tracey Oxborough	5Kool RuN	2016	21:44	1st F50	
Martin Exley-Deane	Run Exe 5K (Rd2)	2015	17:58	2nd M55		Kate Rogers	Withenshaw 5K	2011	23:38	2nd F50	
Steve Groombridge	Run Exe 5K (Rd2)	2009	18:05	3rd M55		Patricia Hewitt	DML 5K	2006	25:12	3rd F50	
Allan Herdman	Run Exe	2016	19:09	1st M60		Kate Rogers	Exeter	2014	24:17	1st F55	
David Twine	5Kool	2018	20:36	2nd M60		Nicolette Overy	5Kool Run	2016	25:00	2nd F55	
Mike Erith	Armada 5K August	2011	21:05	3rd M60		Sheila Houghton	Plymouth Coasters 5K	2009	26:49	3rd F55	
Andrew Houghton	Run Exe 5K	2015	21:39	1st M65		Sheila Houghton	Hereford pk run	2014	26:31	1st F60	
Trevor Williams	Forum Saltram 5K	2009	22:35	2nd M65		Maarit Green	5kool	2018	26:47	2nd F60	
Tony Shearer	Tavy 5	2018	23:23	3rd M65		Ann Woodhouse	DML 5K	2007	33:20	3rd F60	
Andy Houghton	Run Exe 5k	2016	21:56	1st M70		Christine LeFlem	Exeter 5K August	2013	24:58	1st F65	
Trevor Williams	Tavy 5	2018	27:31	1st M75		Sheila Houghton	5Kool Run	2018	26:41	2nd F65	

Male					
Name	Event	Year	Time	Pos/Category	Age Graded
Peter Freedman	Telford 10K	2008	00:30:37	1st Senior Men	
Jim Cole	Wilne 10K	2011	00:31:18	2nd Senior Men	
Harry Wiltshire	Eastleigh 10K	2009	00:31:54	3rd Senior Men	
Steve Groombridge	Eastleigh 10K	1997	00:34:06	1st M40	
Martin Exley	Cornwall 10K	2004	00:35:22	2nd M40	
Tony Symons	Torbay10K	2005	00:35:26	3rd M40	
Richard Drage	Chichester 10K	2005	00:33:25	1st M45	
Martin Exley	Brighton 10K	2006	00:34:30	2nd M45	
Tony Symons	Cardiff 10K	2006	00:35:16	3rd M45	
Richard Drage	Eastleigh 10K	2009	00:33:54	1st M50	
Steve Groombridge	Bideford 10K	2005	00:35:51	2nd M50	
Tony Symons	Exeter First Chance 10K	2012	00:36:07	3rd M50	
Richard Drage	Kings Lynn 10K	2014	00:35:43	1st M55	
Martin Exley Deane	Undy British Masters	2015	00:37:02	2nd M55	
Steve Groombridge	Bideford10K	2011	00:37:02	2nd M55	
Robin Musgrave	Ivybridge 10K	2005	00:39:25	3rd M55	
Allan Herdman	Exeter 1st Chnace	2016	00:39:09	1st M60	
Mike Erith	Exeter 10K	2011	00:42:04	2nd M60	
Mike Lewis	Bideford 10K	2005	00:43:18	3rd M60	
Andrew Houghton	Bridgewater 10K	2015	00:44:19	1st M65	
Trevor Williams	Ivybridge 10K	2008	00:48:07	2nd M65	
Keith Bowles	Exeter First Chance 10K	2012	00:55:10	3rd M65	
Andy Houghton	Exmouth 10K	2018	00:45:38	1st M70	81.19
Trevor Williams	Ivybridge 10K	2013	00:50:04	2nd M70	

Female					
Name	Event	Year	Time	Pos/Category	Age Graded
Jo Meek	Cardiff 10K	2010	00:36:15	1st Senior Lady	
Maddie Horton	Bideford 10K	2006	00:37:18	2nd Senior Lady	
Fiona Dunn	Ivybridge 10K	2005	00:39:25	3rd Senior Lady	
Rebecca Exley-Deane	Brighton 10K	2011	00:40:32	1st F35	
Samatha Lake	Burrator 10K	2016	00:40:54	2nd F35	
Nicole Heryet	Exeter Last Chance 10K	2007	00:44:54	3rd F35	
Caroline Steven	Exeter First Chance 10K	2011	00:39:59	1st F40	
Doty Allen	Bideford 10K	2006	00:47:03	2nd F40	
Kate Batt	Ivybridge 10K	2006	00:51:44	3rd F40	
Caroline Steven	British Masters 10K	2011	00:42:27	1st F45	
Annette Roberts	Ivybridge 10K	2003	00:49:37	2nd F45	
Anne Lake	Ivybridge 10K	1998	00:52:14	3rd F45	
Kate Rogers	Chelmsford	2011	00:47:53	1st F50	
Patricia Hewitt	Bideford 10K	2006	00:53:28	2nd F50	
Helen Alcock	Ivybridge 10K	2013	00:57:48	3rd F50	
Kate Rogers	Fast Friday Exeter 10k	2017	00:51:51	1st F55	
Anne Sturtridge	Newton Abbot Ladies 10	2003	00:52:08	2nd F55	
Sheila Houghton	Bideford 10K	2009	00:52:39	3rd F55	
Sheila Houghton	Torbay 10K	2012	00:54:51	1st F60	
Maarit Green	Bideford 10K	2017	00:58:35	2nd F60	
Ann Woodhouse	Bideford 10K	2008	01:01:04	3rd F60	
Christine LeFlem	Newquay	2013	00:53:16	1st F65	
Sheila Houghton	Exmouth10k	2018	00:55:00	2nd F65	78.06
Rhian Johnson	Ivybridge 10K	2013	01:02:30	3rd F65	

Male					
Name	Event	Year	Time	Pos/Category	Age grade
Jim Cole	Plymouth Hoe 10	2009	00:52:06	1st Senior Men	
Pete Freedman	Storm Force 10 Redruth	2010	00:53:10	2nd Senior Men	
Martin Exley	Plymouth Hoe 10	1987	00:53:11	3rd Senior Men	
Steve Groombridge	Teignbridge 10	1997	00:55:35	1st M40	
Martin Exley	Teignbridge 10	2004	00:57:21	2nd M40	
Rupert Warren	Plymouth Hoe 10	2008	00:58:47	3rd M40	
Martin Exley	Plymouth Hoe 10	2007	00:55:17	1st M45	
Richard Drage	Teignbridge 10	2005	00:55:55	2nd M45	
Tony Symons	Oldbury Power Station 10	2010	00:58:24	3rd M45	
Steve Groombridge	Teignbridge 10	2006	00:59:17	1st M50	
Robin Musgrave	Plymouth Hoe 10	2001	01:03:06	2nd M50	
Pete Bazley	Plymouth Hoe 10	2008	01:04:04	3rd M50	
Steve Groombridge	Oldbury Power Station 10	2009	01:00:57	1st M55	
Robin Musgrave	Teignbridge 10	2005	01:05:54	2nd M55	
Mike Lewis	Plymouth Hoe 10	2002	01:06:25	3rd M55	
Allan Herdman	Plymouth Hoe 10	2013	01:09:05	1st M60	

Female					
Name	Event	Year	Time	Pos/Category	Age grade
Maddie Horton	Teignbridge 10	2006	00:59:38	1st Senior Lady	
Jo Meek	Braunton 10	2010	01:02:05	2nd Senior Lady	
Fiona Dunn	Plymouth Hoe 10	2005	01:04:39	3rd Senior Lady	
Sam Lake	Bideford 10 Miler	2016	01:05:26	1st F35	
Nicole Heryet	Plymouth Hoe 10	2008	01:15:53	2nd F35	
Kate Willis	Plymouth Hoe 10	2010	01:20:53	3rd F35	
Doty Allen	Plymouth Hoe 10	2006	01:25:17	1st F40	
Kate Batt	Teignbridge 10	2006	01:27:28	2nd F40	
Marion Playle	Plymouth Hoe 10	2005	01:30:37	3rd F40=	
Mary-B Flynn-S	Plymouth Hoe 10	2008	01:30:37	3rd F40=	
Catherine Dunlop	Bideford 10 Miler	2016	01:16:39	1st F45	
Annette Roberts	Teignbridge 10	1996	01:19:38	2nd F45	
Claire Pitcher	Bideford 10 Miler	2013	01:27:43	3rd F45	
Tracy Oxborough	Bideford 10 Miler	2016	01:12:54	1st F50	
Patricia Hewitt	Teignbridge 10	2006	01:26:15	2nd F50	
Claire Pitcher	Bideford 10 Miler	2015	01:27:06	3rd F50	

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	
Andy Houghton	Bideford 10 Miler	2018	01:15:51	1st male70	

Kate Rogers	Bideford 10 Miler	2016	01:25:00	1st F55	
Sheila Houghton	Bideford 10 Miler	2009	01:30:34	2nd F55	
				3rd F55	
Sheila Houghton	Bideford 10 Miler	2012	01:26:33	1st F60	
Maarit Green	Bideford 10 Miler	2017	01:30:00	2nd F60	
Ann Woodhouse	Bideford 10 Miler	2010	01:43:27	3rd F60	
Christine LeFlem	Bideford 10 Miler	2013	01:25:03	1st F65	
Sheila Houghton	Bideford 10 Miler	2018	01:34:37	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	
Adam Holland	Gatwick	2018	01:09:09	2nd Senior Men	
Martin Exley	Bath Half Marathon	1997	01:10:22	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	Corremolinos Half Maratho	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	
Martin Exley-Deane	Bideford Half Marathon	2015	01:21:01	2nd M50	
Paul Sturtridge	Plymouth Half Marathon	2006	01:23:36	3rd M50	
Steve Groombridge	Bristol Half Marathon	2009	01:22:47	1st M55	
Martin Exley-Deane	Bideford Half Marathon	2005	01:23:36	2nd M55	
Robin Musgrave	Bideford Half Marathon	2005	01:26:30	3rd M55	
Allan Herdman	Bideford Half Marathon	2016	01:27:20	1st M60	
David Twine	Reading	2016	01:33:00	2nd M60	
Mike Lewis	Plymouth Half Marathon	2005	01:37:01	3rd M60	
Andrew Houghton	Bath Half Marathon	2016	01:36:15	1st M65	
Trevor Williams	Granollers HM Spain	2010	01:44:30	2nd M65	
Andy Houghton	Gosport Half Marathon	2018	01:43:21	1st M70	
Trevor Williams	Bideford Half Marathon	2014	01:50:52	2nd 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	
Alice Rogers	Bath 2 tunnels race	2018	01:24:03	3rd Senior Lady	
Samanha Lake	Cardiff Half Marathon	2017	01:26:13	1st F35	
Rebecca Exley-Deane	Truro Half Marathon	2007	01:43:01	2nd F35	
Nicole Heryet	New Forest Half	2010	01:47:30	3rd F35	
Rebecca Exley-Deane	Preleminos Half Marath	2015	01:36:31	1st F40	
Nicole Heryet	Plymouth half	2015	01:47:30	2nd F40	
Sam Marshall	Cardiff Half Marathon	2008	01:49:39	3rd F40	
Dotty Allen	Cardiff Half Marathon	2008	01:44:26	1st F45	
Nicole Heryet	Bournemouth H Maratho	2018	01:45:55	2nd F45	
Annette Roberts	Bideford Half Marathon	2005	01:47:59	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	ewkesbury Half Marathd	2011	01:52:03	3rd F50	
Sheila Houghton	Vale of Belvoir	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	
Maarit Green	Bideford	2018	02:13:22	2nd F60	
				3rd F60	
Christine LeFlem	Bideford Half Marathon	2013	02:01:30	1st F65	
Sheila Houghton	Gosport Half Marathon	2018	02:04:43	2nd F65	
Rhian Johnson	Bideford Half Marathon	2013	02:14:12	3rd F65	

Marathon

Male					
Name	Event	Year	Time	Pos/Category	
Adam Holland	Lochness Marathon	2018	02:24:24	1st Senior Men	
Richard Drage	London Marathon	1997	02:40:24	2nd Senior Men	
Rupert Warren	London Marathon	2007	02:44:50	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	
David Twine	Taunton	2016	03:28:28	2nd M55	
Keith Bowles	London Marathon	2002	03:47:29	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	2018	03:51:51	1st F35	
Kirstie Trotter	London Marathon	2006	04:46:19	2nd F35	
Mary-B Flynn-S	London Marathon	2006	05:02:19	3rd F35	
Nicole Heryet	Manchester marathon	2016	04:32:40	1st F40	
Wendy Outhwaite	London Marathon	2006	04:32:40	2nd F40=	
Marion Playle	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	
Dene Medland	Barnstable	2017	04:46:33	1st F55	
Alison Eagleton	London Marathon	2011	05:37:41	2nd F55	
Maarit Green	Malta	2018	04:39:51	1st F60	
Jackie Ralph	London Marathon	2013	05:16:09	2nd F60	
Ann Woodhouse	London Marathon	2006	05:29:34	3rd F60	
Ann Woodhouse	London Marathon	2013	05:58:46	1st F65	

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Male					
Name	Event	Year	Time	Pos/Category	Age Grd
			02:32:37	1st Senior Men	
			02:40:24	2nd Senior Men	
			02:44:50	3rd Senior Men	
			02:40:59	1st M40	
			02:50:55	2nd M40	
			02:54:29	3rd M40	
			02:41:29	1st M45	
			02:47:24	2nd M45	
			02:51:31	3rd M45	
			02:45:49	1st M50	
			02:50:46	2nd M50	
			02:57:01	3rd M50	
			03:14:16	1st M55	
			03:28:28	2nd M55	
			03:47:29	3rd M55	
			03:03:03	1st M60	
			03:56:17	2nd M60	

Female					
Name	Event	Year	Time	Pos/Category	Age Grd
			02:55:36	1st Senior Lady	
			03:18:32	2nd Senior Lady	
			03:32:11	3rd Senior Lady	
			03:59:03	1st F35	
			04:46:19	2nd F35	
			05:02:19	3rd F35	
			04:32:40	1st F40	
			04:35:40	2nd F40=	
			04:35:40	2nd F40=	
			03:48:18	1st F45	
			04:00:25	2nd F45	
			04:28:00	3rd F45	
			03:52:13	1st F50	
			04:11:02	2nd F50	
			04:46:33	1st F55	
			05:37:41	2nd F55	

		03:58:05	3rd M60	
		03:46:16	1st M65	
		03:47:53	2nd M65	
		03:59:58	3rd M65	
		03:36	1st M70	

		04:39:51	1st F60	
		05:16:09	2nd F60	
		05:29:34	3rd F60	
		05:58:46	1st F65	