

TAVISTOCK Athletic Club

www.tavistockathletics.co.uk



CLUB ROAD RACE RECORDS

ABOUT - These are the official club road race records achieved by runners in races as members of Tavistock Athletic Club. They show the best 3 times in each of the age categories: They cover distances of 5k, 10k, 10 miles, Half Marathon and Marathon.

UPDATING THESE RECORDS - If you consider that you have achieved a time better than those published then email **Allan Herdman** at allanherdman66@gmail.com with your name, event distance, event name, event date, age category and time. A link to the published results, ideally those shown on Power of 10/Run Britain Rankings would also be useful.

AGE GRADES - Age-Grading is an internationally recognised way of measuring your running performance taking into account your age and gender. It enables you to produce a percentage score for each run based on how old you were when you did the competition comparative to world class performances. As we get older it is reasonable to expect that we won't be able to run at the speeds we achieved when we were young. This can be demotivating for runners who are 'past their peak' even if they are running well for their age. So, rather than focusing solely on how fast you are running, it can be more motivating to focus on your Age-Graded performance.

Finally on Age Grading. The official gradings can calculate your result based on your actual age on the day of the race. For this database to compute the exact grading we would need to know the runner's date of birth and age on race day as well as the date of the race itself. Many of these records are historic so to gather this information would be an arduous task. Therefore we are basing these Age Grade performances based on the first year standard of the 5 year category eg if you are 53 years old your grade will be calculated based on the standard for a 50 year old. So, celebrate whatever grading is shown if your name appears on here . . . but treat it as a good guide only!

PARK RUN RESULTS - You might also note that some of the 5K records shown here are based on Park Run results. Strictly we should not include these here as Park Runs are administered under different rules to those staged under UKA or ARC licences. The courses are measured differently and the event management is not as stringent. However, for now those Park Run results shown will remain but no new ones can be submitted. We are considering adding a separate Park Run table and will call out for bids to be included.

Last updated 08 August 2022



CLUB ROAD RACE RECORDS

5K Male

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Male	1	Jim Cole	Yeovilton 5K	2011	00:15:12	84.87%
	2	Adam Holland	Burnham & Highbridge	2018	00:15:31	83.14%
	3	Harry Wiltshire	Yeovilton 5K	2009	00:15:32	83.05%
M40	1	Richard Drage	DML 5K	2003	00:16:25	83.15%
	2	Martin Exley	DML 5K	2004	00:16:49	81.17%
	3	Chris Champion	DML 5K	2007	00:17:00	80.29%
M45	1	Richard Drage	DML 5K	2004	00:16:27	86.22%
	2	Tony Symons	Yeovilton 5K	2006	00:16:47	84.51%
	3	Lee McMeekin	Tavy 5K	2022	00:18:26	76.94%
M50	1	Richard Drage	Run Exe 5K	2009	00:16:34	89.03%
	2	Tony Symons	Yeovilton 5K	2011	00:16:48	87.80%
	3	Steve Groombridge	DML 5K	2005	00:17:48	82.87%
M55	1	Richard Drage	Run Exe 5K	2014	00:17:25	88.23%
	2	Martin Exley-Deane	Run Exe 5K	2015	00:17:58	85.53%
	3	Steve Groombridge	Run Exe 5K	2009	00:18:05	84.98%
M60	1	Richard Drage	Run Exe 5K	2021	00:18:22	87.30%
	2	Allan Herdman	Run Exe 5K	2016	00:19:09	83.72%
	3	David Twine	5Kool RuN	2018	00:20:36	77.83%
M65	1	Allan Herdman	Run Exe 5K	2019	00:19:55	84.18%
	2	Andrew Houghton	Run Exe 5K	2015	00:21:39	77.44%
	3	Trevor Williams	Saltram 5K	2009	00:22:35	74.24%
M70	1	Andy Houghton	Run Exe 5K	2016	00:21:56	80.40%
	2	Bob Chapman	Tavy 5K	2016	00:22:06	79.79%
	3	Richard Paine	Tavy 5K	2022	00:29:44	59.30%
M75	1	Andy Houghton	Tavy 5K	2022	00:23:57	79.12%
	2	Trevor Williams	Tavy 5K	2018	00:27:31	68.87%
	3					
M80	1					
	2					
	3					
M85	1	Charles BarrieJames	Tavy 5K	2019	00:43:38	55.69%
	2					
	3					



CLUB ROAD RACE RECORDS

5K Female

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Female	1	Emma Ryder	Tavy 5k	2022	00:17:47	83.22%
	2	Heather Fell	Run Exe 5K	2009	00:17:55	82.60%
	3	Jo Meek	Plymouth Coasters 5K	2009	00:18:05	81.84%
F35	1	Jodi Fisk	Tavy 5K	2019	00:18:37	80.30%
	2	Heather Fell	Tavy 5K	2018	00:18:43	79.88%
	3	Samantha Lake	5Kool RuN	2016	00:19:41	75.95%
F40	1	Samantha Lake	5Kool RuN	2018	00:18:58	80.67%
	2	Rebecca Exley-Deane	Brighton & Hove Park Run	2013	00:20:30	74.63%
	3	Nicole Heryet	5Kool Run	2016	00:22:44	67.30%
F45	1	Helen Orme	Tavy 5K	2022	00:21:36	73.53%
	2	Nicole Heryet	5Kool Run	2018	00:22:47	69.71%
	3	Nicky Maguire	Tavy 5k	2022	00:23:52	66.55%
F50	1	Tracey Oxborough	5Kool RuN	2016	00:21:44	77.15%
	2	Nicole Heryet	Tavy 5K	2022	00:23:35	71.10%
	3	Kate Rogers	Withenshaw 5K	2011	00:23:38	70.94%
F55	1	Caroline Stevens	Tavy 5K	2022	00:21:42	82.33%
	2	Tracy Oxborough	Tavy 5K	2019	00:22:31	79.35%
	3	Helen Kula-Przewanski	Tavy 5K	2018	00:23:41	75.44%
F60	1	Helen Kula-Przewanski	Tavy 5k	2022	00:24:11	79.12%
	2	Maarit Green	5Kool RuN	2018	00:26:47	71.44%
	3	Marian Stratton	Tavy 5K	2022	00:28:34	66.98%
F65	1	Christine LeFlem	Exeter 5K	2013	00:24:58	82.44%
	2	Sheila Houghton	5Kool RuN	2018	00:26:41	77.14%
	3	Kitty Refson	Tavy 5k	2022	00:30:25	67.67%
		Annette Smith	Tavy 5k	2022	00:30:25	67.67%
F70	1	Val Evans	Tavy 5K	2022	00:29:27	75.61%
	2	Ann Woodhouse	Tavy 5K	2019	00:39:10	56.85%
	3					
F75	1	Sandra Collar	Tavy 5K	2021	00:30:38	79.16%
F75	2					
F75	3					



CLUB ROAD RACE RECORDS

10K Male

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Male	1	Peter Freedman	Telford 10K	2008	00:30:37	87.70%
	2	Jim Cole	Wilne 10K	2011	00:31:18	85.78%
	3	Harry Wiltshire	Eastleigh 10K	2009	00:31:54	84.17%
M40	1	Steve Groombridge	Eastleigh 10K	1997	00:34:06	83.33%
	2	Martin Exley	Cornwall 10K	2004	00:35:22	80.35%
	3	Tony Symons	Torbay10K	2005	00:35:26	80.20%
M45	1	Richard Drage	Chichester 10K	2005	00:33:25	88.33%
	2	Martin Exley	Brighton 10K	2006	00:34:30	85.56%
	3	Tony Symons	Cardiff 10K	2006	00:35:16	83.70%
M50	1	Richard Drage	Eastleigh 10K	2009	00:33:52	90.65%
	2	Steve Groombridge	Bideford 10K	2005	00:35:51	85.63%
	3	Tony Symons	Exeter First Chance 10K	2012	00:36:07	85.00%
M55	1	Richard Drage	Kings Lynn 10K	2014	00:35:43	89.55%
	2	Martin Exley Deane	Undy British Masters	2015	00:37:02	86.36%
	3	Steve Groombridge	Bideford10K	2011	00:37:02	86.36%
M60	1	Richard Drage	Kew Gardens 10K	2021	00:36:53	90.51%
	2	Allan Herdman	Exeter First Chance	2016	00:39:09	85.27%
	3	Mike Erith	Exeter 10K	2011	00:42:04	79.36%
M65	1	Allan Herdman	Exeter First Chance	2020	00:41:47	83.57%
	2	Andrew Houghton	Bridgewater 10K	2015	00:44:19	78.79%
	3	Trevor Williams	Ivybridge 10K	2008	00:48:07	72.57%
M70	1	Andrew Houghton	Exmouth 10K	2018	00:45:38	80.39%
	2	Trevor Williams	Ivybridge 10K	2013	00:50:04	73.27%
	3					
M75	1	Andrew Houghton	Exeter Fast Friday 10k	2022	00:50:09	78.63%
	2	Trevor Williams	Burrator 10K	2013	00:57:47	68.24%
	3					



CLUB ROAD RACE RECORDS

10K Female

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Female	1	Jo Meek	Cardiff 10K	2010	00:36:15	83.68%
	2	Maddie Horton	Bideford 10K	2006	00:37:18	81.32%
	3	Nikki Kelly	Exeter First Chance 10K	2022	00:38:48	78.18%
F35	1	Heather Fell	Clock Change Challenge 10K	2018	00:37:27	81.80%
	2	Jodi Fisk	Chichester 10K	2020	00:38:32	79.50%
	3	Rebecca Exley-Deane	Brighton 10K	2011	00:40:32	75.58%
F40	1	Samantha Lake	Gloucester 10K	2019	00:38:57	80.49%
	2	Caroline Steven	Exeter First Chance 10K	2011	00:38:59	80.42%
	3	Dotty Allen	Bideford 10K	2006	00:47:03	66.63%
F45	1	Caroline Steven	British Masters 10K	2011	00:42:27	76.68%
	2	Helen Orme	Bideford 10K	2022	00:44:59	72.36%
	3	Nicole Heryet	Ivybridge 10K	2018	00:49:06	66.29%
F50	1	Jenny Jeeves	Newquay 10k	2022	00:44:33	77.14%
	2	Jenny Bryant	Bideford 10K	2022	00:47:45	71.97%
	3	Kate Rogers	Chelmsford 10K	2011	00:47:53	71.77%
F55	1	Kate Rogers	Fast Friday Exeter 10k	2017	00:51:51	70.62%
	2	Anne Sturtridge	Newton Abbot Ladies 10K	2003	00:52:08	70.24%
	3	Sheila Houghton	Bideford 10K	2009	00:52:39	69.55%
F60	1	Helen Kula-Przewanski	Exeter Fast Friday 10k	2020	00:51:47	75.70%
	2	Kate Rogers	Exeter First Chance	2019	00:52:45	74.31%
	3	Maarit Green	Bideford 10K	2017	00:58:35	66.91%
F65	1	Christine LeFlem	Newquay 10K	2013	00:53:16	79.16%
	2	Sheila Houghton	Exmouth10k	2018	00:55:00	76.67%
	3	Rhian Johnson	Ivybridge 10K	2013	01:02:30	67.47%
F70	1	Val Evans	York 10k	2022	00:59:33	76.63%
	2					
	3					



CLUB ROAD RACE RECORDS

10 Miles Male

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Male	1	Jim Cole	Plymouth Hoe 10	2009	00:52:06	85.19%
	2	Pete Freedman	Storm Force 10	2010	00:53:10	83.48%
	3	Martin Exley	Plymouth Hoe 10	1987	00:53:11	83.45%
M40	1	Steve Groombridge	Teignbridge 10	1997	00:55:35	83.69%
	2	Martin Exley	Teignbridge 10	2004	00:57:21	81.11%
	3	Rupert Warren	Plymouth Hoe 10	2008	00:58:47	79.13%
M45	1	Martin Exley	Plymouth Hoe 10	2007	00:55:17	87.52%
	2	Richard Drage	Teignbridge 10	2005	00:55:55	86.53%
	3	Tony Symons	Oldbury Power Station 10	2010	00:58:24	82.85%
M50	1	Steve Groombridge	Teignbridge 10	2006	00:59:17	85.02%
	2	Robin Musgrave	Plymouth Hoe 10	2001	01:03:06	79.87%
	3	Pete Bazley	Plymouth Hoe 10	2008	01:04:04	78.67%
M55	1	Steve Groombridge	Oldbury Power Station 10	2009	01:00:57	86.30%
	2	Robin Musgrave	Teignbridge 10	2005	01:05:54	79.82%
	3	Mike Lewis	Plymouth Hoe 10	2002	01:06:25	79.20%
M60	1	Allan Herdman	Plymouth Hoe 10	2013	01:09:05	79.61%
	2	Mike Lewis	Plymouth Hoe 10	2005	01:10:40	77.83%
	3	Pete Bazley	Bideford 10 Miler	2016	01:11:03	77.41%
M65	1	Allan Herdman	Bideford 10 Miler	2019	01:10:00	82.33%
	2	Andrew Houghton	Bideford 10 Miler	2015	01:12:32	79.46%
	3	Trevor Williams	Teignbridge 10	2009	01:16:45	75.09%
M70	1	Andy Houghton	Bideford 10 Miler	2018	01:15:51	79.85%
	2					
	3					
M75	1	Andy Houghton	Bideford 10 Miler	2021	01:23:55	77.32%
	2					
	3					



CLUB ROAD RACE RECORDS

10 Miles Female

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Female	1	Maddie Horton	Teignbridge 10	2006	00:59:38	83.31%
	2	Jo Meek	Braunton 10	2010	01:02:05	80.03%
	3	Fiona Dunn	Plymouth Hoe 10	2005	01:04:39	76.85%
F35	1	Sam Lake	Bideford 10 Miler	2016	01:05:26	76.67%
	2	Jodi Armstrong	Bideford 10 Miler	2021	01:12:36	69.10%
	3	Nicole Heryet	Plymouth Hoe 10	2008	01:15:53	66.11%
F40	1	Dotty Allen	Plymouth Hoe 10	2006	01:25:17	60.19%
	2	Kate Batt	Teignbridge 10	2006	01:27:28	58.69%
	3=	Marion Playle	Plymouth Hoe 10	2005	01:30:37	56.65%
	3=	Mary-B Flynn-S	Plymouth Hoe 10	2008	01:30:37	56.65%
F45	1	Catherine Dunlop	Bideford 10 Miler	2016	01:16:39	69.56%
	2	Nicole Heryet	Bideford 10 Miler	2018	01:17:06	69.15%
	3	Annette Roberts	Teignbridge 10	1996	01:19:38	66.95%
F50	1	Tracy Oxborough	Bideford 10 Miler	2016	01:12:54	77.21%
	2	Patricia Hewitt	Teignbridge 10	2006	01:26:15	65.26%
	3	Claire Pitcher	Bideford 10 Miler	2015	01:27:06	64.62%
F55	1	Kate Rogers	Bideford 10 Miler	2016	01:25:00	70.57%
	2	Sheila Houghton	Bideford 10 Miler	2009	01:30:34	66.23%
	3					
F60	1	Helen Kula-Przewanski	Bideford 10 Miler	2019	01:23:47	76.63%
	2	Sheila Houghton	Bideford 10 Miler	2012	01:26:33	74.18%
	3	Maarit Green	Bideford 10 Miler	2017	01:30:00	71.33%
F65	1	Christine Le Flem	Bideford 10 Miler	2013	01:25:03	81.21%
	2	Sheila Houghton	Bideford 10 Miler	2018	01:34:37	73.00%
	3	Ann Woodhouse	Plymouth Hoe 10	2012	01:52:05	61.62%
F70	1					
	2					
	3					



CLUB ROAD RACE RECORDS

Half Marathon Male

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Male	1	Jim Cole	Bideford Half Marathon	2013	01:08:57	85.88%
	2	Adam Holland	Gatwick Half Marathon	2018	01:09:09	85.64%
	3	Ben Neale	Bideford Half Marathon	2022	01:09:24	85.33%
M40	1	Steve Groombridge	Bideford Half Marathon	1997	01:15:25	81.79%
	2	Tony Symons	Bideford Half Marathon	2005	01:19:20	77.75%
	3	Chris Eastaugh	Bristol Half Marathon	2005	01:23:07	74.21%
M45	1	Richard Drage	Bristol Half Marathon	2005	01:14:32	86.16%
	2	Martin Exley	Torremolinos Half Marathon	2007	01:14:56	85.70%
	3	Steve Groombridge	Bideford Half Marathon	2002	01:17:07	83.27%
M50	1	Steve Groombridge	Bideford Half Marathon	2005	01:17:18	86.61%
	2	Martin Exley-Deane	Bideford Half Marathon	2015	01:21:01	82.64%
	3	Paul Sturtridge	Plymouth Half Marathon	2006	01:23:36	80.08%
M55	1	Steve Groombridge	Bristol Half Marathon	2009	01:22:47	84.48%
	2	Martin Exley-Deane	Bideford Half Marathon	2005	01:23:36	83.65%
	3	Robin Musgrave	Bideford Half Marathon	2005	01:26:30	80.85%
M60	1	Allan Herdman	Bideford Half Marathon	2016	01:27:20	83.82%
	2	David Twine	Reading Half Marathon	2016	01:33:00	78.71%
	3	Mike Lewis	Plymouth Half Marathon	2005	01:37:01	75.45%
M65	1	Allan Herdman	Bath Half Marathon	2020	01:28:51	86.42%
	2	Andrew Houghton	Bath Half Marathon	2016	01:36:15	79.77%
	3	Trevor Williams	Granollers Half Marathon Spain	2010	01:44:30	73.48%
M70	1	Andy Houghton	Gosport Half Marathon	2018	01:43:21	78.13%
	2	Trevor Williams	Bideford Half Marathon	2014	01:50:52	72.84%
	3	Ian Jones	Plymouth Half Marathon	2022	02:07:35	63.29%
M75	1	Andy Houghton	Exeter Half Marathon	2022	01:55:43	74.59%
	2					
	3					



CLUB ROAD RACE RECORDS

Half Marathon Female

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Female	1	Maddie Horton	Bath 2 Tunnels Race	2006	01:19:57	82.34%
	2	Jo Meek	Ruby Run Half Marathon	2010	01:20:10	82.12%
	3	Nikki Kelly	Edinburgh Half Marathon	2022	01:21:28	80.81%
F35	1	Jodi Fisk	The Big Half	2020	01:23:45	79.36%
	2	Heather Fell	Bath Half Marathon	2019	01:24:45	78.43%
	3	Samantha Lake	Reading Half Marathon	2017	01:26:13	77.09%
F40	1	Samantha Lake	Bath Half Marathon	2019	01:24:24	80.59%
	2	Rebecca Exley-Deane	Torrelominos Half Marathon	2015	01:36:31	70.47%
	3	Katherine Steer	Bideford Half Marathon	2022	01:43:20	65.82%
F45	1	Helen Orme	Exeter Half Marathon	2021	01:37:02	72.81%
	2	Dotty Allen	Cardiff Half Marathon	2008	01:44:26	67.65%
	3	Nicole Heryet	Bournemouth Half Marathon	2018	01:45:55	66.70%
F50	1	Tracey Oxborough	Torbay Half Marathon	2015	01:41:18	73.61%
	2	Gill Court	Bristol Half Marathon	2008	01:42:22	72.84%
	3	Jenny Bryant	Plymouth Half Marathon	2022	01:43:37	71.96%
F55	1	Tracey Oxborough	Torbay Half Marathon	2019	01:41:05	78.63%
	2	Sheila Houghton	Vale of Belvoir Half Marathon	2009	01:54:16	69.56%
	3	Anne Lake	Bideford Half Marathon	2005	01:56:49	68.04%
F60	1	Helen Kula-Przewanski	Bideford Half Marathon	2022	01:55:34	73.62%
	2	Sheila Houghton	Taunton Half Marathon	2012	01:57:59	72.11%
	3	Maarit Green	Bideford Half Marathon	2018	02:13:22	63.80%
F65	1	Christine Le Flem	Bideford Half Marathon	2013	02:01:30	75.32%
	2	Sheila Houghton	Gosport Half Marathon	2018	02:04:43	73.38%
	3	Rhian Johnson	Bideford Half Marathon	2013	02:14:12	68.19%
F70	1	Annette Smith	Plymouth Half Marathon	2022	02:15:05	73.31%
	2					
	3					



CLUB ROAD RACE RECORDS

Marathon Male

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Male	1	Adam Holland	Lochness Marathon	2018	02:24:24	86.51%
	2	Richard Drage	London Marathon	1997	02:40:24	77.88%
	3	Rupert Warren	London Marathon	2007	02:44:50	75.78%
M40	1	Steve Groombridge	London Marathon	1997	02:40:59	79.51%
	2	Martin Exley	London Marathon	2004	02:50:55	74.89%
	3	Chris Eastaugh	London Marathon	2006	02:54:29	73.36%
M45	1	Steve Groombridge	London Marathon	2000	02:41:29	82.66%
	2	Martin Exley	London Marathon	2006	02:47:24	79.74%
	3	Tony Symons	Duchy Marathon	2007	02:51:31	77.83%
M50	1	Steve Groombridge	London Marathon	2005	02:45:49	84.11%
	2	Tony Symons	London Marathon	2012	02:50:46	81.67%
	3	Robin Musgrave	London Marathon	2002	02:57:01	78.79%
M55	1	Allan Herdman	London Marathon	2007	03:14:16	75.15%
	2	David Twine	Taunton Marathon	2016	03:28:28	70.04%
	3	Keith Bowles	London Marathon	2002	03:47:29	64.18%
M60	1	Allan Herdman	London Marathon	2016	03:03:03	83.68%
	2	Roger Hewitt	London Marathon	2013	03:56:17	64.83%
	3	Adrian Pitcher	London Marathon	2016	03:58:05	64.34%
M65	1	Andrew Houghton	London Marathon	2015	03:46:16	71.20%
	2	Trevor Williams	Dartmoor Vale Marathon	2009	03:47:53	70.69%
	3	Ray Bennett	London Marathon	2009	03:59:58	67.13%
M70	1	Andy Houghton	London Marathon	2016	03:36:47	78.37%
	2	Ian Jones	Manchester Marathon	2022	04:48:49	58.82%
	3					
M75	1	Andy Houghton	London Marathon	2021	04:30:06	67.20%
	2					
	3					



CLUB ROAD RACE RECORDS

Marathon Female

Age Cat.	Pos.	Name	Event	Year	Time	Age Grade
Senior Female	1	Jo Meek	Edinburgh Marathon	2011	02:55:36	77.12%
	2	Fiona Dunn	Cardiff Marathon	2004	03:18:32	68.21%
	3	Becky Mingo	Taunton Marathon	2011	03:32:11	63.82%
F35	1	Samantha Lake	London Marathon	2017	02:59:03	76.79%
	2	Heather Fell	Brighton Marathon	2019	02:59:52	76.45%
	3	Jodi Fisk	London Marathon	2019	03:05:34	74.10%
F40	1	Samantha Lake	Milton Keynes Marathon	2019	03:03:53	77.58%
	2=	Nicole Heryet	Manchester Marathon	2016	03:51:51	61.53%
	2=	Wendy Outhwaite	London Marathon	2006	04:32:40	52.32%
F45	1	Dotty Allan	London Marathon	2011	03:48:18	66.16%
	2	Annette Roberts	London Marathon	2005	04:00:25	62.83%
	3	Anne Lake	London Marathon	1996	04:28:00	56.36%
F50	1	Gill Court	New Forest Marathon	2008	03:52:13	69.26%
	2	Claire Pitcher	London Marathon	2016	04:11:02	64.07%
	3					
F55	1	Dene Medland	Barnstaple Marathon	2017	04:46:33	60.01%
	2	Alison Eagleton	London Marathon	2011	05:37:41	50.92%
	3					
F60	1	Maarit Green	Malta Marathon	2018	04:39:51	66.02%
	2	Jackie Ralph	London Marathon	2013	05:16:09	58.44%
	3	Ann Woodhouse	London Marathon	2006	05:29:34	56.06%
F65	1	Ann Woodhouse	London Marathon	2013	05:58:46	55.63%
	2					
	3					
F70	1					
	2					
	3					