

TAMAR TROTTERS' CLUB RECORDS

OVERALL CLUB RECORDS

	5k	5 miles	10k	10 miles	Half Marathon	Marathon
MALE	0:15:45 <i>Peter Waumsley</i> Deal 5k 02/01/2006	0:26:31 <i>Peter Waumsley</i> Cubert 5 08/06/2010	0:32:54 <i>Michael Wilsmore</i> Exeter First Chance 10k 03/01/2010	0:53:45 <i>Peter Waumsley</i> Great South Run 09/10/2005	1:11:28 <i>Peter Waumsley</i> Taunton Half Marathon 02/04/2006	2:35:58 <i>Peter Waumsley</i> London Marathon 23/04/2006
FEMALE	0:18:11 <i>Dinah Cheverton</i> Yeovil 5k 12/07/2006	0:29:30 <i>Dinah Cheverton</i> Alsager 5 04/02/2007	0:37:19 <i>Dinah Cheverton</i> Chichester 10k 05/02/2006	1:01:34 <i>Amy Wilkinson</i> Plymouth Hoe 10 19/02/2012	1:20:47 <i>Dinah Cheverton</i> Bideford Half Marathon 05/03/2006	2:59:10 <i>Dinah Cheverton</i> London Marathon 17/04/2005

AGE CATEGORY CLUB RECORDS

	5k	5 miles	10k	10 miles	Half Marathon	Marathon
Senior Male	0:15:45 <i>Peter Waumsley</i> Deal 5k 02/01/2006	0:26:31 <i>Peter Waumsley</i> Cubert 5 08/06/2010	0:32:54 <i>Michael Wilsmore</i> Exeter First Chance 10k 03/01/2010	0:53:45 <i>Peter Waumsley</i> Great South Run 09/10/2005	1:11:28 <i>Peter Waumsley</i> Taunton Half Marathon 02/04/2006	2:35:58 <i>Peter Waumsley</i> London Marathon 23/04/2006
Male 40 - 44	0:16:32 <i>Chris Sabine</i> Killerton Parkrun 31/03/2012	0:26:39 <i>Chris Sabine</i> Fulfords 5 05/02/2012	0:33:30 <i>Chris Sabine</i> Sedgemoor 10k 28/08/2011	0:54:56 <i>Chris Sabine</i> Plymouth Hoe 10 19/02/2012	1:12:53 <i>Chris Sabine</i> Bath Half Marathon 11/03/2012	2:40:11 <i>Paul Gregg</i> London Marathon 26/04/2009
Male 45 - 49	0:17:00 <i>Paul Gregg</i> Exeter 5k Series 07/08/2012	0:28:28 <i>Paul Gregg</i> Cubert 5 07/06/2011	0:35:27 <i>Paul Gregg</i> Swansea 10k 25/09/2011	0:59:19 <i>Gary Marson</i> Plymouth Hoe 10 18/02/2007	1:15:51 <i>Paul Gregg</i> Taunton Half Marathon 01/04/2012	2:43:38 <i>Paul Gregg</i> London Marathon 17/04/2011
Male 50 - 54	0:18:18 <i>Paul Wilsmore</i> Saltram 5k 09/09/2003	0:30:01 <i>Steve Baker</i> Cubert 5 29/05/2012	0:37:44 <i>Steve Baker</i> Yeovil Easter Bunny 10k 09/04/2012	1:02:39 <i>Larry Clarke</i> Plymouth Hoe 10 24/02/2002	1:23:25 <i>Larry Clarke</i> Plymouth Half Marathon 26/05/2002	2:55:18 <i>Paul Gregg</i> London Marathon 24/04/2016
Male 55 - 59	0:18:06 <i>Steve Baker</i> Exeter 5k Series 07/08/2012	0:29:48 <i>Steve Baker</i> Fulfords 5 03/02/2013	0:37:11 <i>Steve Baker</i> Exeter 10k 16/08/2012	1:02:04 <i>Steve Baker</i> Tiptree 10 28/10/2012	1:22:56 <i>Steve Baker</i> Neil McCover Half Marathon 07/10/2012	3:00:02 <i>Steve Baker</i> London Marathon 13/04/2014
Male 60+	0:21:14 <i>Anthony Laurillard</i> DML 5k 02/06/2007	0:32:16 <i>Steve Baker</i> Cornwall Mob Match 26/11/2017	0:40:41 <i>Paul Wilsmore</i> Exeter First Chance 10k 02/01/2011	1:07:47 <i>Paul Wilsmore</i> Storm Force 10 23/01/2011	1:28:20 <i>Paul Wilsmore</i> Bideford Half Marathon 06/03/2011	3:24:36 <i>Paul Wilsmore</i> Edinburgh Marathon 22/05/2011

TAMAR TROTTERS' CLUB RECORDS

	5k	5 miles	10k	10 miles	Half Marathon	Marathon
Senior Female	0:18:51 <i>Rebecca Ezra</i> Tavistock 5kool Run 17/06/2017	0:34:26 <i>Rebecca Ezra</i> Sticker 5 15/06/2013	0:37:45 <i>Rebecca Ezra</i> Plymouth 10k 08/10/2017	1:01:34 <i>Amy Wilkinson</i> Plymouth Hoe 10 19/02/2012	1:25:26 <i>Amy Wilkinson</i> Plymouth Half Marathon 24/05/2009	3:07:15 <i>Wendy Scott</i> London Marathon 13/04/2003
Female 35 - 39	0:20:57 <i>Ali Harris</i> Saltram 5k 01/09/2007	0:35:03 <i>Louise Marsland</i> Cubert 5 07/06/2016	0:38:37 <i>Dinah Cheverton</i> Stoke Stampede 26/12/2004	1:02:16 <i>Dinah Cheverton</i> Ballycotton 10 09/03/2003	1:21:45 <i>Dinah Cheverton</i> New Forest Half Marathon 22/09/2002	2:59:26 <i>Dinah Cheverton</i> London Marathon 13/04/2003
Female 40 - 44	0:18:11 <i>Dinah Cheverton</i> Yeovil 5k 12/07/2006	0:29:30 <i>Dinah Cheverton</i> Alsager 5 04/02/2007	0:37:19 <i>Dinah Cheverton</i> Chichester 10k 05/02/2006	1:01:42 <i>Dinah Cheverton</i> Plymouth Hoe 10 19/02/2006	1:20:47 <i>Dinah Cheverton</i> Bideford Half Marathon 05/03/2006	2:59:10 <i>Dinah Cheverton</i> London Marathon 17/04/2005
Female 45 - 49	0:18:49 <i>Anne Luke</i> DML 5k 03/06/2006	0:31:36 <i>Anne Luke</i> Sticker 5 24/06/2006	0:38:44 <i>Anne Luke</i> Brighton 10k 19/11/2006	1:04:34 <i>Anne Luke</i> Blaythorne 10 21/01/2007	1:25:39 <i>Anne Luke</i> Bideford Half Marathon 13/03/2005	3:09:59 <i>Anne Luke</i> London Marathon 14/04/2002
Female 50 - 59	0:18:30 <i>Anne Luke</i> DML 5k 07/06/2008	0:31:13 <i>Anne Luke</i> Littledown 5 28/09/2008	0:37:26 <i>Anne Luke</i> Magor Marsh 10k 19/07/2009	1:02:25 <i>Anne Luke</i> Plymouth Hoe 10 15/02/2009	1:21:11 <i>Anne Luke</i> Taunton Half Marathon 01/04/2012	3:20:06 <i>Jane Bremner</i> London Marathon 21/04/2013
Female 60+	0:28:22 <i>Pam Carroll</i> Saltram 5k 31/08/2002	0:46:33 <i>Cynthia Richings</i> Cubert 5 07/06/2011	0:57:31 <i>Pam Carroll</i> Exeter Last Chance 10k 29/12/2002	1:34:22 <i>Pam Carroll</i> Plymouth Hoe 10 17/02/2008	1:39:54 <i>Jane Bremner</i> Great West Run 15/10/2017	3:48:17 <i>Jane Bremner</i> Cornish Marathon 19/11/2017