

## Course Records

	Forename	Surname	Club	Time		Date
				Min	Sec	
Male	Josh	Benford	Bideford AAC	15	04	May 2024
Female	Alice	Murray-Gourlay	Taunton AC	17	04	January 2022

## Age Category Records

	Forename	Surname	Club	Time		Date
				Min	Sec	
U13 M	Jed	Hutchings	City of Plymouth AC	17	42	August 2018
U13 W	Zoe	Bigham	Tavistock AC	18	30	February 2024
U15 M	Oliver	Smart	Tavistock AC	16	33	November 2017
U15 W	Olivia	Paul	Team Bath AC	18	34	August 2024
U17 M	Oliver	Smart	Tavistock Run Project	15	38	February 2019
U17 W	Charlotte	Walker	Tavistock AC	18	46	May 2022
Sen M	Josh	Benford	Bideford AAC	15	04	May 2024
Sen W	Alice	Murray-Gourlay	Taunton AC	17	04	January 2022
Vet 35 M	Ben	Neale	Tavistock AC	15	19	December 2023
Vet 35 W	Jodi	Fisk	Tavistock AC	18	37	October 2019
Vet 40 M	Jim	Cole	Tavistock Run Project	15	36	June 2023
Vet 40 W	Samantha	Lake	Tavistock AC	18	58	November 2018
Vet 45 M	John	Porter	Plymouth Harriers	16	50	February 2018
Vet 45 W	Cleo	Perry	Erme Valley Harriers	18	37	May 2022
Vet 50 M	Rich	Shelley	Plymstock RR	16	43	May 2022
Vet 50 W	Jeanette	Johnson	Launceston RR	19	08	July 2018
Vet 55 M	Alan	Ryder	Plymouth Musketeers	17	25	February 2019
Vet 55 W	Sharon	Daw	East Cornwall Harriers	20	39	May 2022
Vet 60 M	Richard	Drage	Tavistock AC	18	22	August 2021
Vet 60 W	Jane	Bremner	Tamar Trotters	21	36	November 2021
Vet 65 M	Richard	Drage	Tavistock AC	19	12	January 2024
Vet 65 W	Jane	Bremner	Tamar Trotters	23	37	January 2024
Vet 70 M	Allan	Herdman	Tavistock AC	20	36	September 2023
Vet 70 W	Jane	Pitt	Totton Running Club	29	20	August 2015
Vet 75 M	Andrew	Houghton	Tavistock AC	23	57	January 2022
Vet 75 W	Sandra	Collar	Tavistock AC	30	38	November 2021
Vet 80 M	Charles Barrie	James	Unattached	41	45	March 2018
Vet 80 W						
Vet 85 M	Charles Barrie	James	Tavistock AC	43	38	March 2019
Vet 85 W						
W/Chair T54	Doaa	Shayea	City of Plymouth AC	28	37	December 2021