

# SIDMOUTH RUNNING CLUB

## CLUB RECORDS

(Last updated 7 September 2014)

### ROAD RECORDS

<b>10k</b>	<b>Laurence Bolam</b>	<b>SM</b>	<b>34.28</b>	<b>8 Jan '12</b>	<b>Exeter</b>
	Justin Ashby	M40	36.00	20 Jan '12	Exeter
	Malcolm Bayer	M45	35.01	8 Jan '06	Exeter
	Malcolm Bayer	M50	35.48	19-Nov-06	Colyton
	Bill Valentine	M55	41.01	21-Sep-04	Colyton
	Chris Woodcock	M60	40.24	16 Nov '03	Colyton
	John Perratt	M65	39.52	5 Jun '05	Exmouth
	John Perratt	M70	42.06	21 May '07	Ottery St Mary
	John Perratt	M75	46.22	13 May '12	Ottery St Mary
	Jess Watkins	SL	40.54	03-Jan-10	Exeter
	Fiona Cummins	W35	42.08	02-Jan-05	Exeter
	Naomi Garrick	W40	42.58	02-Oct-11	Exmouth
	Lucy Owen	W45	41.53	02-Oct-11	Exmouth
	Jane Hemsworth	W50	51.01	16 May '10	Ottery St Mary
	Pam White	W55	45.09	02-Oct-11	Exmouth
	Jason Drew	U17 Boys	36.5	20 Apr '14	Yeovilton
<b>Half Marathon</b>	<b>Mateusz Szala</b>	<b>SM</b>	<b>1.16.46</b>	<b>3 Apr '11</b>	<b>Taunton</b>
	Justin Ashby	M40	1.19.55	7 Mar '11	Bideford
	Malcolm Bayer	M45	1.17.33	7 Mar '04	Bideford
	Malcolm Bayer	M50	1.19.20	10 Sep '06	Seaton
	Bill Valentine	M55	1.33.49	1 May '05	Great West Run
	George Chalstrey	M60	1.42.00	1 Apr '12	Taunton
	John Perratt	M65	1.32.19	11 Sep '05	Seaton
	John Perratt	M70	1.35.31	22 Jun '08	Torbay
	Jess Watkins	SL	1.29.30	6 Sep '09	Bristol
	Fiona Cummins	W35	1.36.21	12 Sep '04	Seaton
	Fiona Cummins	W40	1.31.51	20 Mar '05	Bath
	Di Puzey	W45	1.35.54	7 Mar '11	Bideford
	Jane Hemsworth	W50	1.51.10	6 Mar '10	Bideford
	Bev Tarry	W55	2.02.08	1 May '05	Great West Run
	Bev Tarry	W60	1.55.51	2 Apr '06	Taunton
	Bev Tarry	W65	2.08.47	7 Mar '11	Bideford
<b>Marathon</b>	<b>Malcolm Bayer</b>	<b>Open</b>	<b>2.42.55</b>	<b>18 Apr '04</b>	<b>London</b>
	Milan Goc	SM	2.44.13	21 Apr '13	London
	Justin Ashby	M40	2.47.53	21 Apr '13	London
	Malcolm Bayer	M45	2.42.55	18 Apr '04	London
	Malcolm Bayer	M50	2.44.43	15-Oct-06	Cardiff
	Paul Mitchell	M55	3.49.21	6 Apr '14	Paris
	Colin Flood	M60	3.50.57	17 Apr '11	London
	Mick Allen	M65	4.05.22	16-Jul-07	Vannes, France
	Pam White	Open	3.17.48	23 Oct '11	Dresden
	Jess Watkins	SL	3.26.45	27 May '12	Edinburgh
	Fiona Cummins	W35	3.24.57	18 Apr '04	London
	Fiona Cummins	W40	3.32.04	20 Apr '08	London
	Fiona Cummins	W45	3.42.18	22 Apr '12	London
	Jane Hemsworth	W50	3.55.24	25-Jan-09	Liskeard
	Pam White	W55	3.17.48	23 Oct '11	Dresden
	Bev Tarry	W60	4.09.45	23 Apr '06	London
	Bev Tarry	W65	5.07.00	30 Oct '11	Snowdonia

<b>5 K</b>	<b>Jason Drew</b>	<b>Open</b>	<b>16.07.47</b>	<b>17 Aug '14</b>	<b>Exeter</b>
	Bill Valentine	M55	20.55	10 Aug '05	Yeovil
	Chris Woodcock	M60	20.00	28 Aug '06	Yeovil
	John Perratt	M65	19.43	10 Aug '05	Yeovil
	John Perratt	M70	20.15	24 Jun '07	Horwich
	Lesley Roberts	W40	22.34	23 Apr '11	Florida, USA
	Lucy Owen	W45	20.01	9 Oct '11	Cotleigh
	Sue Downen	W50	23.58	8 Jun '10	Exeter
	Grey Grierson	U15 Boys	20.01	10 Oct '11	Cotleigh
	Jason Drew	U17 Boys	16.08	6 May '14	Exeter
<b>5 Mile</b>	<b>Jason Drew</b>	<b>Open</b>	<b>27.37</b>	<b>2 Feb '14</b>	<b>Exmouth</b>
	Justin Ashby	M40	30.21	21-Nov-10	Colyton
	Mark Keast	M45	32.40	05-Feb-06	Exmouth
	Bill Valentine	M50	33.41	8 Feb '04	Exmouth
	Bill Valentine	M55	33.17	06-Feb-05	Exmouth
	Colin Flood	M60	37.32	23-Nov-08	Colyton
	John Perratt	M65	32.00	06-Feb-05	Exmouth
	John Perratt	M70	35.22	07-Feb-10	Exmouth
	John Perratt	M75	37.03	05-Feb-12	Exmouth
	Jess Watkins	SL	32.55	23-Nov-08	Colyton
	Rachel Shearer	W35	40.33	06-Feb-05	Exmouth
	Fiona Cummins	W40	33.16	05-Feb-06	Exmouth
	Di Puzey	W45	36.57	22-Nov-09	Colyton
	Jane Hemsworth	W50	38.55	21-Nov-10	Colyton
	Bev Tarry	W55	40.19	06-Feb-05	Exmouth
	Jason Drew	U17	27.37	2 Feb'14	Exmouth
<b>10 Mile</b>	Malcolm Bayer	Open	0.58.17	28-Mar-04	Teignbridge 10
	John Keast	M40	0.59.29	28-Mar-04	Teignbridge 10
	Malcolm Bayer	M45	0.58.17	28-Mar-04	Teignbridge 10
	Bill Valentine	M50	1.09.32	28-Mar-04	Teignbridge 10
	Bill Valentine	M55	1.08.48	27-Mar-03	Teignbridge 10
	Bill Valentine	M60	1.20.47	18-Oct-09	Honiton
	John Perratt	M65	1.05.20	23 Feb '03	Plymouth
	John Perratt	M70	1.13.20	20 Jul '08	Wellington
	Fiona Cummins	SL	1.09.54	20-Feb-05	Plymouth
	Fiona Cummins	W35	1.09.54	20-Feb-05	Plymouth
	Di Puzey	W40	1.15.43	26-Mar-06	Teignbridge 10
	Di Puzey	W45	1.14.30	10-Jul-11	Wellington
	Jane Hemsworth	W50	1.37.05	12 Oct '08	Teign Valley
	Bev Tarry	W55	1.26.50	20-Feb-05	Plymouth
	Bev Tarry	W60	1.27.08	26-Mar-06	Teignbridge 10
<b>20 Miles</b>	Malcolm Bayer	Open	2.01.36	19-Feb-06	Bramley
	Andy Shearer	M40	2.28.27	19-Feb-06	Bramley
	Malcolm Bayer	M45	2.01.36	19-Feb-06	Bramley
	Di Puzey	W40	2.56.06	11-Mar-07	Duchy 20, Redruth
	Bev Tarry	W60	2.59.19	19-Feb-06	Bramley
<b>50 Miles</b>	Bev Tarry	W65	12.04.00	23 Oct '11	Rotherham

## TRACK & FIELD RECORDS

<b>100m</b>	Maurice Ault	M65	15.3	20 Jun '04	Exeter
	John Perratt	M75	17.0	10.06.12	Plymouth
	Jane Hemsworth	W45	17.3	6 Jul '08	Braunton
	Byron Fitzgerald	U15 Boys	12.10	29 Sep '07	Exeter
	Nick Smith	U17 Boys	12.80	25 Jun '13	Exeter
<b>200m</b>	Maurice Ault	M65	31.3	25 May '04	Exeter
	John Perratt	M70	32.7	20 Apr '08	Plymouth
	John Perratt	M75	36.2	10 Jun '12	Plymouth
	Jane Hemsworth	W45	37.0	6 Jul '08	Braunton
	Nick Smith	U15 Boys	27.16	30 Aug '11	Exeter
<b>400m</b>	Maurice Ault	M65	71.4	8 May '04	Braunton
	John Perratt	M70	72.05	12 Sep '07	Riccione, Italy
	Byron Fitzgerald	U15 Boys	55.06	16 Jun '07	Yeovil
	Nick Smith	U17 Boys	56.15	22 Jun '13	Exeter
<b>800m</b>	Mateusz Szala	SM	2.00.92	31-May-11	Exeter
	Maurice Ault	M65	2.40.40	20 Jun '04	Exeter
	John Perratt	M70	2.43.51	13 Sep '07	Riccione, Italy
	Byron Fitzgerald	U15 Boys	2.17.3	29 Sep '07	Exeter
<b>1500m</b>	<b>Jason Drew</b>	<b>Open</b>	<b>4.23.07</b>	<b>27 Aug '13</b>	<b>Exeter</b>
	Bill Valentine	M55	5.36.77	19-Feb-05	Cardiff
	John Perratt	M65	5.22.69	19-Feb-05	Cardiff
	John Perratt	M70	5.35.00	10-May-08	Exeter
	Nick Smith	U13 Boys	5.19.8	30 Jun '09	Exeter
	Kit Grierson	U15 Boys	4.59.25	11 Jun '11	Exeter
	Jason Drew	U17 Boys	4.23.07	27 Aug '13	Exeter
<b>3000m</b>	<b>Jason Drew</b>	<b>Open</b>	<b>9.16</b>	<b>25 Nov '13</b>	<b>Exeter</b>
	Laurence Bolam	SM	9.20	7 Nov '11	Exeter
	Graham Hill	M40	9.52	1 Oct '08	Exeter
	Paul Bowler	M45	12.51	7 Nov '04	Exeter
	Bill Valentine	M50	11.12	10 Feb '03	Exeter
	Bill Valentine	M55	11.38	18 Oct '04	Exeter
	John Perratt	M65	11.22	19-Feb-05	Cardiff
	John Perratt	M70	11.50	23-Mar-07	Helsinki
	John Perratt	M75	13.06.23	14 Apr '12	Exeter
	Di Puzey	W40	13.06	18 Oct '04	Exeter
	Jane Beech	W45	11.57	7 Nov '11	Exeter
	Grey Grierson	U13 Boys	10.59.00	7 Dec '09	Exeter
	Grey Grierson	U15 Boys	10.49.00	7 Nov '11	Exeter
	Jason Drew	U17 Boys	9.16	25 Nov '13	Exeter
	Kit Grierson	U20 Boys	9.53	1 Oct '12	Exeter
	Ellie Stone	U13 Girls	12.54	6 Feb '08	Exeter
	Sophie Davey	U15 Girls	12.48	5 Mar '08	Exeter
Hannah Jenkins	U17 Girls	14.2	5 Mar '08	Exeter	

<b>5000m</b>	Malcolm Bayer	M50	19.01.24	6 Jul '08	Braunton
	Bill Valentine	M55	19.54.60	9 Jun '04	Birmingham
	Chris Woodcock	M60	18.55.47	8 Jun '03	Derby
	John Perratt	M65	19.38.65	8 Jun '03	Derby
	John Perratt	M70	20.03.62	7 Sep '07	Riccione, Italy
	John Perratt	M75	22.16.03	5 May '12	Exeter
<b>10000m</b>	Justin Ashby	M40	36:00.57	3 Sep '14	Exeter
	Bill Valentine	M50	41.51.59	8 Jun '03	Derby
	Bill Valentine	M55	41.63.1	7 Sep '05	Exeter
	Chris Woodcock	M60	39.37.97	8 Jun '03	Derby
	John Perratt	M65	40.29.1	7 Sep '05	Exeter
	John Perratt	M70	42.30.75	29 Jul '07	Birmingham
	<b>One Hour</b>	Bill Valentine	M50	13,668m	15 Jun '03
John Perratt		M65	14,010m	15 Jun '03	Exeter
Mick Allen		M70	11,441m	19 Jun '11	Exeter
<b>80 Hurdles</b>	Byron Fitzgerald	U15 Boys	12.9	29 Sep '07	Exeter
<b>100 Hurdles</b>	Nick Smith	U17 Boys	15.37	23 Jun '13	Exeter
<b>3k Walk</b>	Bill Valentine	M50	16.12.90	20 Jun '04	Exeter
<b>3k S/Chase</b>	John Perratt	M70	13.55.7	25 May '08	Yeovil
<b>Long Jump</b>	Jane Hemsworth	W45	2.74	6 Jul '08	Braunton
	John Perratt	M70	3.27	25 May '08	Yeovil
	Byron Fitzgerald	U15 Boys	5.07	29 Sep '07	Exeter
	Nick Smith	U17 Boys	5.61	22 Sep '13	Birmingham
<b>High Jump</b>	Nick Smith	U13 Boys	1.25	30 Jun '09	Exeter
	Nick Smith	U15 Boys	1.58	25 Jun '11	Exeter
	Nick Smith	U17 Boys	1.82	26 May '13	Exeter
<b>Discus</b>	Jane Hemsworth	W45	8.99	6 Jul '08	Braunton
<b>Hammer</b>	Colin Flood	M60	12.76	25 May '08	Yeovil
	John Perratt	M70	5.7	25 May '08	Yeovil
<b>Shot Put</b>	Alan Hemsworth	M50	6.41	6 Jul '08	Braunton
	Nick Smith	U17 Boys	8.57	22 Sep '13	Birmingham
<b>Javelin</b>	Alan Hemsworth	M50	16.31	6 Jul '08	Braunton
	Grey Grierson	U13 Boys	20.82	6 Jul '08	Braunton
	Nick Smith	U15 Boys	19.72	30 Mar '10	Exeter
	Nick Smith	U17 Boys	25.05	22 Sep '13	Birmingham
<b>Discus</b>	Nick Smith	U17 Boys	20.09	22 Sep '13	Birmingham
<b>Shot Put</b>	Byron Fitzgerald	U15 Boys	8.50	29 Sep '07	Exeter
	Nick Smith	U17 Boys	8.12	19 May '12	Exeter

<b>Pentathlon</b>	Byron Fitzgerald	U15 Boys	2,170 pts	29 Sep '07	Exeter
<b>Octathlon</b>	Nick Smith	U17 Boys	3.782 pts	23 Jun '13	Exeter
<b>Mile</b>	Sam Marriott	U11 Boys	6.46	6 Feb '08	Exeter
	Grey Grierson	U13 Boys	6.11	5 Mar '08	Exeter
	Georgia Hanson	U13 Girls	6.32	5 Mar '08	Exeter

### **MUTTERSMOOR TIME TRIALS**

<b>3.8 miles</b>	Jason Drew	Men	20.09	15 May '14	Long Course
<b>3.8 miles</b>	Lucy Owen	Ladies	23.59	16 May '12	Long Course
<b>2.1 miles</b>	Luke Rutter	Boys	12.47	16 July '08	Short Course
<b>2.1 miles</b>	Ellie Stone	Girls	13.49	15 Apr '09	Short Course