

Club Records

**Sidmouth Running Club – Club Road Race Records**

<b>Distance</b>	<b>Runner</b>	<b>Category</b>	<b>Time</b>	<b>Date</b>	<b>Venue</b>
<b>10k</b>	Jason Drew	Open	34.20	11-May-14	Bristol
	Laurence Bolam	SM	34.28	8 Jan '12	Exeter
	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	Open	34.20	11-May-14	Bristol
<b>Half Marathon</b>	Mateusz Szala	SM	1.16.27	29-Mar-15	Yeovil
	Justin Ashby	M40	1.17.46	2 Nov '14	Weston.S.Mare
	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>	Justin Ashby	Open	2.40.59	28 Apr '19
Milan Goc		SM	2.44.13	21 Apr '13	London
Justin Ashby		M40	2.47.53	21 Apr '13	London
Justin Ashby		M45	2.40.59	28 Apr '19	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

## Club Records

Distance	Runner	Category	Time	Date	Venue	
<b>5K</b>	Jason Drew	Open	15.52	5 Aug '14	Exeter	
	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>	Jason Drew	Open	26.57	1 Feb '15	Exmouth	
	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-13	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	