

SOUTH WEST VETS AC 10 mile ROAD RECORDS

Last updated 18 February 2013

Championship Records				
M40	Ahmed Amraoui	52.42	Plymouth	1991
M45	John Bolton	54.23	Plymouth	1990
M50	Peter Marshall	56.40	Plymouth	1991
M55	John Shapland	59.02	Portland	2009
M60	Bill Gwynne	62.44	Plymouth	1991
M65	Peter Watson	62.57	Teignbridge	2003
M70	John Perratt	73.20	Wellington	2007
M75	Michael Coupe	80.49	Lytchett	2013
W35	Sarah Unwin-Mann	64.20	Wellington	2008
W40	Cathy Newman	59.36	Braunton	2003
W45	Jenny Moore	63.13	Portland	2009
W50	Anne Luke	64.17	Portland	2009
W55	Zina Marchant	73.05	Portland	2009
W60	Joan Royal	74.46	Weymouth	1999
W65	Barbara Frampton	101.04	Portland	2009
W70	Grace Bulger	110.56	Braunton	1993

Club Records				
M40	Ahmed Amraoui	52.42	Plymouth	1991
M45	John Bolton	54.23	Plymouth	1990
M50	Ian Barnes	54.22	Oswestry	1997
M55	John Shapland	57.51	Bideford	2009
M60	Bill Gwynne	62.44	Plymouth	1991
M65	Peter Watson	62.57	Teignbridge	2003
M70	John Perratt	73.20	Wellington	2007
M75	Tony Berry	74.54	Camborne	2012
W35	Zina Marchant	55.58	Erewhash	1990
W40	Zina Marchant	56.59	Hayling Island	1990
W45	Cathy Newman	60.07	Teignbridge	2008
W50	Anne Luke	62.16	Plymouth	2012
W55	Zina Marchant	73.05	Portland	2009
W60	Jenny Mills	69.44	Bideford	2009
W65	Barbara Frampton	101.04	Portland	2009
W70	Jean Palmer	87.39	Maidenhead	2005