

**TAMAR TROTTERS' CLUB RECORDS**

**OVERALL CLUB RECORDS**

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

**AGE CATEGORY CLUB RECORDS**

	5k	5 miles	10k	10 miles	Half Marathon	Marathon
Senior Male	<b>0:15:45</b> <i>Peter Waumsley</i> Deal 5k 02/01/2006	<b>0:26:31</b> <i>Peter Waumsley</i> Cubert 5 08/06/2010	<b>0:32:54</b> <i>Michael Wilsmore</i> Exeter First Chance 10k 03/01/2010	<b>0:53:45</b> <i>Peter Waumsley</i> Great South Run 09/10/2005	<b>1:11:28</b> <i>Peter Waumsley</i> Taunton Half Marathon 02/04/2006	<b>2:35:58</b> <i>Peter Waumsley</i> London Marathon 23/04/2006
Male 40 - 44	<b>0:16:32</b> <i>Chris Sabine</i> Killerton Parkrun 31/03/2012	<b>0:26:39</b> <i>Chris Sabine</i> Fulfords 5 05/02/2012	<b>0:33:30</b> <i>Chris Sabine</i> Sedgemoor 10k 28/08/2011	<b>0:54:56</b> <i>Chris Sabine</i> Plymouth Hoe 10 19/02/2012	<b>1:12:53</b> <i>Chris Sabine</i> Bath Half Marathon 11/03/2012	<b>2:40:11</b> <i>Paul Gregg</i> London Marathon 26/04/2009
Male 45 - 49	<b>0:17:00</b> <i>Paul Gregg</i> Exeter 5k Series 07/08/2012	<b>0:28:28</b> <i>Paul Gregg</i> Cubert 5 07/06/2011	<b>0:35:27</b> <i>Paul Gregg</i> Swansea 10k 25/09/2011	<b>0:59:19</b> <i>Gary Marson</i> Plymouth Hoe 10 18/02/2007	<b>1:15:51</b> <i>Paul Gregg</i> Taunton Half Marathon 01/04/2012	<b>2:43:38</b> <i>Paul Gregg</i> London Marathon 17/04/2011
Male 50 - 54	<b>0:18:18</b> <i>Paul Wilsmore</i> Saltram 5k 09/09/2003	<b>0:30:01</b> <i>Steve Baker</i> Cubert 5 29/05/2012	<b>0:37:23</b> <i>Paul Gregg</i> Fast Friday 10k 30/03/2018	<b>1:02:39</b> <i>Larry Clarke</i> Plymouth Hoe 10 24/02/2002	<b>1:21:53</b> <i>Paul Gregg</i> Taunton Half Marathon 08/04/2018	<b>2:55:18</b> <i>Paul Gregg</i> London Marathon 24/04/2016
Male 55 - 59	<b>0:18:06</b> <i>Steve Baker</i> Exeter 5k Series 07/08/2012	<b>0:29:48</b> <i>Steve Baker</i> Fulfords 5 03/02/2013	<b>0:37:11</b> <i>Steve Baker</i> Exeter 10k 16/08/2012	<b>1:02:04</b> <i>Steve Baker</i> Tiptree 10 28/10/2012	<b>1:22:56</b> <i>Steve Baker</i> Neil McCover Half Marathon 07/10/2012	<b>3:00:02</b> <i>Steve Baker</i> London Marathon 13/04/2014
Male 60+	<b>0:18:53</b> <i>Steve Baker</i> Falésia 5k (Portugal) 13/03/2018	<b>0:32:16</b> <i>Steve Baker</i> Cornwall Mob Match 26/11/2017	<b>0:40:41</b> <i>Paul Wilsmore</i> Exeter First Chance 10k 02/01/2011	<b>1:05:46</b> <i>Steve Baker</i> Storm Force 10 21/01/2018	<b>1:28:20</b> <i>Paul Wilsmore</i> Bideford Half Marathon 06/03/2011	<b>3:21:22</b> <i>Paul Wilsmore</i> London Marathon 26/04/2015

## TAMAR TROTTERS' CLUB RECORDS

	5k	5 miles	10k	10 miles	Half Marathon	Marathon
Senior Female	<b>0:18:51</b> <i>Rebecca Ezra</i> Tavistock 5kool Run 17/06/2017	<b>0:34:26</b> <i>Rebecca Ezra</i> Sticker 5 15/06/2013	<b>0:37:45</b> <i>Rebecca Ezra</i> Plymouth 10k 08/10/2017	<b>1:01:34</b> <i>Amy Wilkinson</i> Plymouth Hoe 10 19/02/2012	<b>1:25:26</b> <i>Amy Wilkinson</i> Plymouth Half Marathon 24/05/2009	<b>3:07:15</b> <i>Wendy Scott</i> London Marathon 13/04/2003
Female 35 - 39	<b>0:20:57</b> <i>Ali Harris</i> Saltram 5k 01/09/2007	<b>0:35:03</b> <i>Louise Marsland</i> Cubert 5 07/06/2016	<b>0:38:37</b> <i>Dinah Cheverton</i> Stoke Stampede 26/12/2004	<b>1:02:16</b> <i>Dinah Cheverton</i> Ballycotton 10 09/03/2003	<b>1:21:45</b> <i>Dinah Cheverton</i> New Forest Half Marathon 22/09/2002	<b>2:59:26</b> <i>Dinah Cheverton</i> London Marathon 13/04/2003
Female 40 - 44	<b>0:18:11</b> <i>Dinah Cheverton</i> Yeovil 5k 12/07/2006	<b>0:29:30</b> <i>Dinah Cheverton</i> Alsager 5 04/02/2007	<b>0:37:19</b> <i>Dinah Cheverton</i> Chichester 10k 05/02/2006	<b>1:01:42</b> <i>Dinah Cheverton</i> Plymouth Hoe 10 19/02/2006	<b>1:20:47</b> <i>Dinah Cheverton</i> Bideford Half Marathon 05/03/2006	<b>2:59:10</b> <i>Dinah Cheverton</i> London Marathon 17/04/2005
Female 45 - 49	<b>0:18:49</b> <i>Anne Luke</i> DML 5k 03/06/2006	<b>0:31:36</b> <i>Anne Luke</i> Sticker 5 24/06/2006	<b>0:38:44</b> <i>Anne Luke</i> Brighton 10k 19/11/2006	<b>1:04:34</b> <i>Anne Luke</i> Blaythorne 10 21/01/2007	<b>1:25:39</b> <i>Anne Luke</i> Bideford Half Marathon 13/03/2005	<b>3:09:59</b> <i>Anne Luke</i> London Marathon 14/04/2002
Female 50 - 59	<b>0:18:30</b> <i>Anne Luke</i> DML 5k 07/06/2008	<b>0:31:13</b> <i>Anne Luke</i> Littledown 5 28/09/2008	<b>0:37:26</b> <i>Anne Luke</i> Magor Marsh 10k 19/07/2009	<b>1:02:25</b> <i>Anne Luke</i> Plymouth Hoe 10 15/02/2009	<b>1:21:11</b> <i>Anne Luke</i> Taunton Half Marathon 01/04/2012	<b>3:20:06</b> <i>Jane Bremner</i> London Marathon 21/04/2013
Female 60+	<b>0:28:22</b> <i>Pam Carroll</i> Saltram 5k 31/08/2002	<b>0:37:02</b> <i>Jane Bremner</i> Cubert 5 05/06/2018	<b>0:46:19</b> <i>Jane Bremner</i> Newquay 10k 04/02/2018	<b>1:15:28</b> <i>Jane Bremner</i> Storm Force 10 21/01/2018	<b>1:39:54</b> <i>Jane Bremner</i> Great West Run 15/10/2017	<b>3:48:17</b> <i>Jane Bremner</i> Cornish Marathon 19/11/2017