

SOUTH WEST VETS AC

10 k ROAD RECORDS

Last updated 20 October 2009

Championship Records				
M40	Mark Hargreaves	31.54	Poole	2002
M45	Ahmed Amraoui	32.35	Langport	1998
M50	Phil A Hampton	34.59	Newton Abbot	1988
M55	Gareth A Jones	35.38	Poole	2002
M60	Peter Young	37.48	Portland	2008
M65	Gordon Wiltshire	40.49	Poole	2002
M70	William Davies	43.23	Calne	2000
M75	Jim Watson	59.22	Totton	1992
M80	Bruce Davidson	64.38	Poole	2002
M85				
W35	Zina D Marchant	34.28	Poole	1990
W40	Karen Rushton	37.14	Portland	2009
W45	Zina Marchant	37.2	Langport	1997
W50	Ann Luke	38.04	Portland	2009
W55	Zina Marchant	42.49	Portland	2009
W60	Mary Anstey	44.35	Langport	1997
W65	Jean Palmer	52.35	Poole	2002
W70	Jose Waller	53.23	South Molton	1995
W75	Grace Bulger	69.55	Langport	1997

Club Records				
M40	Mark Hargreaves	31.54	Poole	2002
M45	Ahmed Amraoui	32.35	Langport	1998
M50	Phil A Hampton	34.59	Newton Abbot	1988
M55	John Shapland	34.41	Langport	2009
M60	Ian A Barnes	37.24	Poole	2008
M65	Gordon Wiltshire	40.49	Poole	2002
M70	John Perratt	42.45	Newtown,	2007
M75	Colin Barrett	58.5	Portland	2008
M80	Bruce Davidson	64.38	Poole	2002
M85	Bruce Davidson	78.07	Portland	2008
W35	Zina Marchant	34.28	Poole	1990
W40	Karen Rushton	36.45	Totton	2008
W45	Cathy Newman	36.49	Bideford	2008
W50	Ann Luke	37.34	Totton	2008
W55	Zina Marchant	42.49	Portland	2009
W60	Mary Anstey	44.35	Langport	1997
W65	Mary Anstey	50.46	Motherwell	2005
W70	Jose Waller	53.23	South Molton	1995
W75	Grace Bulger	69.55	Langport	1997