

FAST FRIDAY 10K

COURSE RECORDS

Course records are based on the 2 Lap route - the 4 lap route used due to flood defence works has not been included - although it was an accurately measured course.

Male	Name	Time	Club	Year
17	Luke Stannus	35:47:00	Okehampton Rc	2023
20	William Battershill	32:17:00	Erme Valley Harriers	2016
Sen	Phil Wylie	31:07:00	Cheltenham Harriers	2016
35	Tom Merson	31:15:00	Exmouth Harriers	2022
40	Lee Turner	34:05:00	Torbay AC	2017
45	Jamie Palmer	33:51:00	Exmouth Harriers	2016
50	Peter Monoghan	35:27:00	Torbay AC	2019
55	Peter Monoghan	36:12:00	Torbay AC	2022
60	James Saunders	39:16:00	Teignbridge Trotters	2023
65	John Shapland	40:49:00	Bideford Ac	2022
70	John Shapland	41:39:00	Bideford Ac	2023
75	Andrew Houghton	50:09:00	Tavistock Ac	2022

Female	Name	Time	Club	Year
17	Maltilda Bennett	52:07:00		2022
20	Tily Woods	43:19:00	Newton Abbot Ac	2016
Sen	Katie Knowles	36:46:00	Newquay Rr	2023
35	Klara Kjellgren	41:56:00	N/a	2019
40	Amy Jones	38:36:00	South West Road Runners	2023
45	Emma Stepto	36:28:00	Cornwall Ac	2017
50	Emma Stepto	38:33:00	Cornwall Ac	2022
55	Claudine Benstead	41:43:00	Okehampton Rc	2019
60	Cathy Newman	40:23:00	Exmouth Harriers	2023
65	Angela Handforth	50:34:00	N/a	2016
70	Jane Richardson	59:15:00	Okehampton Rc	2019
Wheelchair	Sarah Piercy	35:54:00	N/a	2016