

Mile (Road)				
SM	Nic Andrews	4.35	06-02-2003	Paignton - Club Mile
M35				
M40				
M45				
M50	Marc Walpot	5.38	25-09-2018	Paignton - Club Mile
M55				
M60				
M65				
M70	Keith Belt	6.21	25-09-2018	Paignton - Club Mile
M75	Ken House	7.53	09-04-2009	Paignton - Club Mile
M80				
M85	Ken House	10.58	15-09-2016	Paignton - Club Mile

Mile (Road)				
SF	Michelle Cowley	5.12	07-09-2017	Paignton - Club Mile
F35	Karen Bumby	6.39	25-09-2018	Paignton - Club Mile
F40	Michelle Coles	7.02	25-09-2018	Paignton - Club Mile
F45				
F50				
F55	Kerry Bell	6.41	25-09-2018	Paignton - Club Mile
F60				
F65				
F70				
F75				
F80				
F85				

3 Km (Road)				
SM	Dean Shepherd	8.47	14-11-1990	
M35				
M40	Les Golder	10.09	10-10-2001	Brixham 3km Series
M45	Steve Lang	10.19	12-12-2001	Brixham 3km Series
M50	Alan Sloman	11.23	20-05-2001	Brixham - Club Champs
M55	Terry Hair	11.12	10-12-1997	Exmouth
M60	Terry Hair	10.49	13-01-1999	Brixham
M65	Ken House	12.37	14-01-1998	Brixham
M70	Ken House	13.14	12-12-2001	Brixham 3km Series
M75	Ron Atherton	13.53	20-05-2001	Brixham - Club Champs
M80	Ken House	16.44	27-09-2011	Paignton 3km Winter
M85	Ken House	20.23	29-09-2016	Paignton 3km Winter

3 Km (Road)				
SF				
F35	Rachel Wilson	10.40	16-02-1994	Paignton
F40	Rachel Wilson	10.56	14-01-1998	Brixham
F45	Yvonne Warden	11.51	11-02-1998	Paignton
F50				
F55				
F60				
F65				
F70				
F75				
F80				
F85				

5 Km (Road)				
SM	Dave Severn	16.49	04-09-2004	Saltram
M35				
M40	Adrian Tucker	17.49	10-09-2007	Saltram
M45	Colin Peters	19.19	16-11-2010	Brixham - Club Champs

5 Km (Road)				
SF	Naomi Flanagan	18.24	02-06-2015	Exeter - 5k Series
F35	Dedorah Pitocco	20.04	06-08-2008	Exeter - 5k Series
F40	Donna Throgmorton	22.08	01-09-2007	Saltram
F45	Kay Fowler	19.19	12-04-2006	Yeovil - 5k Series

M50	Colin Peters	18.15	07-06-2016	Exeter - 5k Series
M55	Graeme Kay	20.12	06-08-2013	Exeter - 5k series
M60	Keith Belt	20.49	02-06-2007	Saltram
M65	Keith Belt	21.19	06-08-2013	Exeter - 5k series
M70	Ron Atherton	20.35	21-05-1996	
M75	Keith Belt	23.27	22-06-2021	Exeter 5k
M80	Ken House	28.40	01-05-2011	Exeter
M85	Ken House	35.38	24-09-2016	Exeter

F50				
F55	Kerry Bell	23.11	03-07-2018	Run Exe 5k
F60	Liz Lee	25.15	16-11-2010	Brixham - Club Champs
F65	Eileen Severn	27.02	16-11-2010	Brixham - Club Champs
F70				
F75				
F80				
F85				

5 Mile (Road)				
SM	Dean Shepherd	25.23	23-02-1992	Exmouth Fulford 5
M35				
M40	Pete Monaghan	27.52	06-02-2005	Exmouth Fulford 5
M45	Eddie Bairstow	32.16	13-02-2000	Exmouth Fulford 5
M50	Colin Peters	30.35	05-02-2017	Exmouth Fulford 5
M55	Terry Hair	30.54	12-05-1998	Dumfries
M60	Terry Hair	31.34	13-02-2000	Exmouth Fulford 5
M65	Ron Atherton	33.00	26-02-1995	Exmouth Fulford 5
M70	Ken House	36.50	10-02-2002	Exmouth Fulford 5
M75	Ken House	41.58	04-02-2007	Exmouth Fulford 5
M80	Ken House	47.31	05-02-2012	Exmouth Fulford 5
M85	Ken House	57.22	25-06-2016	Sticker

5 Mile (Road)				
SF	Naomi Flanagan	31.00	01-02-2015	Exmouth - Fulford 5
F35	Dedorah Pitocco	34.13	05-05-2008	Kernow
F40	Lorraine Henderson	40.37	04-02-2007	Exmouth - Fulford 5
F45	Kay Fowler	33.11	04-02-2007	Exmouth - Fulford 5
F50	Kay Fowler	34.10	05-05-2008	Kernow
F55	Lynda Sloman	37.38	06-02-2005	Exmouth - Fulford 5
F60	Eileen Severn	41.44	04-02-2007	Exmouth - Fulford 5
F65				
F70				
F75				
F80				
F85				

10 Km (Road)				
SM	Jamie Staples	32.00	05-06-1994	
M35	Robert Foster	45.49	24-09-2023	Taunton
M40	Pete Monaghan	34.32	14-05-2005	Ivybridge
M45	Paul Widdowson	35.09	06-06-1993	
M50	Colin Peters	37.30	08-01-2017	Exeter - First Chance 10k
M55	Terry Hair	40.01	19-04-1998	Ottery 10k
M60	Terry Hair	40.25	04-10-1998	Brixham
M65	Ken House	41.04	02-06-1996	Liverpool
M70	Ron Atherton	42.42	06-10-1996	Brixham - Devon Champs
M75	Keith Belt	49.45	06-06-2021	Burrator 10k

10 Km (Road)				
SF	Naomi Flanagan	37.29	24-08-2003	Torbay Regatta 10k
F35	Dedorah Pitocco	40.37	24-08-2009	Torbay Regatta 10k
F40	Donna Throgmorton	44.51	21-10-2007	Dart vale
F45	Rachel Wilson	40.18	30-12-2001	Exeter - Last Chance
F50	Kay Fowler	42.43	26-09-2010	Taunton
F55	Kerry Bell	47.46	30-10-2018	Exmouth 10k
F60	Kerry Bell	50.53	11-05-2025	Plymouth 10k
F65	Yvonne Patrick Odell	57.28	15-02-2026	First Chance 10k
F70	Jean Lyle	1.05.40	08-01-2023	First Chance 10k
F75				

M80	Ken House	58.36	17-03-2011	Exeter
M85	Ken House	1.20.18	15-05-2016	Bristol

F80				
F85				

10 Mile (Road)				
SM	Dean Shepherd	52.50	27-10-1991	
M35	Rob Foster	1.21.07	08-10-2023	templar 10
M40	Pete Monaghan	59.09	20-02-2005	Plymouth
M45	Eddie Bairstow	1.01.09	28-03-1999	Teignbridge
M50	Dave Lynch	1.06.29	25-03-2007	Teignbridge
M55	Pete Rogers	1.05.15	28-10-2001	Teignbridge
M60	Terry Hair	1.04.55	28-03-1999	Teignbridge
M65	Ken House	1.11.08	01-11-1998	Plymouth
M70	Ron Atherton	1.10.50	05-05-1996	
M75	Ken House	1.25.56	18-02-2007	Plymouth
M80	Ken House	1.42.48	19-02-2012	Plymouth
M85				

10 Mile (Road)				
SF	Rachel Wilson	62.57	31-03-1996	Teignbridge
F35	Dedorah Pitocco	1.10.32	30-03-2008	Teignbridge
F40	Rachel Wilson	1.02.57	31-03-1996	Teignbridge
F45	Kay Fowler	1.07.15	25-03-2007	Teignbridge
F50	Kay Fowler	1.08.24	30-03-2008	Teignbridge
F55				
F60	Kerry Bell	01.33.35	08-10-2023	Templar 10
F65	Brenda Grant	2.11.48	23-02-2019	Looe 10 Miler
F70				
F75				
F80				
F85				

Half Marathon (Road)				
SM	Gary Pugh	1.10.20	20-03-1994	
M35				
M40	Pete Monaghan	1.17.20	06-03-2005	Bideford Half
M45	Bryan Caldwell	1.15.02	28-06-1998	Torbay Half
M50	Colin Peters	1.23.09	26-06-2016	Torbay Half
M55	Terry Hair	1.26.56	28-08-1997	Exmouth Half
M60	Ken House	1.29.32	10-05-1992	Peterborough
M65	Keith Belt	1.34.30	12-02-2012	Exeter Half
M70	Ken House	1.42.19	05-05-2002	Exeter Half
M75	Ken House	1.57.36	30-03-2008	Taunton Half
M80	Ken House	2.11.32	04-03-2012	Bideford Half
M85				

Half Marathon (Road)				
SF	Naomi Flanagan	1.23.01	08-03-2015	Bideford Half
F35	Rachel Wilson	1.23.16	10-09-1995	Torbay Half
F40	Rachel Wilson	1.26.36	07-06-1998	Tiverton
F45	Kay Fowler	1.29.06	01-04-2007	Taunton Half
F50	Kay Fowler	1.34.33	06-03-2011	Bideford Half
F55	Jean Grierson Jackson	1.44.30	01-08-2010	Indian Queens
F60	Kerry Bell	1.49.15	05-03-2023	Bideford Half
F65				
F70				
F75				
F80				
F85				

20 Mile (Road)				
SM	Gary Pugh	2.07.40	23-02-1997	Liskeard
M35				

20 Mile (Road)				
SF	Helen Dyke	2.30.60	23-02-1997	Liskeard
F35				

M40	Neil Downer	2.36.15	28-03-2010	San Domenico
M45	Neil Downer	2.32.04	18-03-2012	Gloucester
M50	Clive Gillman	2.27.58	23-03-2003	Worthing
M55	Clive Gillman	2.34.48	06-03-2005	Christchurch
M60	Clive Gilman	3.21.08	18-03-2012	Worthing
M65				
M70				
M75				
M80				
M85				

F40				
F45	Kay Fowler	2.24.24	05-03-2006	Gloucester
F50				
F55				
F60	Stephanie Gillman	3.21.09	18-03-2012	Worthing
F65				
F70				
F75				
F80				
F85				

Marathon (Road)				
SM	Gary Pugh	2.33.00	16-10-1994	Paignton
M35	Adrian Tucker	2.51.17	18-05-2003	Dartmoor Vale
M40	Bryan Caldwell	2.48.17	26-04-1998	London Marathon
M45	Colin Peters	3.02.01	15-04-2012	Brighton Marathon
M50	Colin Peters	3.01.03	24-04-2016	London Marathon
M55	Clive Gillman	3.25.36	10-10-2004	Kingston
M60	Ken House	3.28.35	21-04-1991	London Marathon
M65	Ron Atherton	3.20.44	xx-04-1992	London Marathon
M70				

Marathon (Road)				
SF	Naomi Flanagan	2.58.47	26-04-2015	London Marathon
F35	Kate Maslin	3.17.21	02-12-2018	Valencia Marathon
F40	Rachel Wilson	3.01.30	14-04-1996	Taunton Marathon
F45	Kay Fowler	3.15.43	23-04-2006	London Marathon
F50	Kay Fowler	3.21.43	13-04-2008	London Marathon
F55	Jean Grierson Jackson	3.59.11	17-04-2011	London Marathon
F60	Liz Lee	4.27.12	13-04-2008	London Marathon
F65				
F70				