OKEHAMPTON RUNNING CLUB - MALE RECORDS

	1 MILE	5 Km	5 Mile	10 Km	7 Mile	10 Mile	Half Marathon	20 Mile	Marathon
OVERALL	Will Lamerton 04:30 Okehampton TT 27/08/2015	Tom Gill 16:14 Okehampton TT 04/06/2009	Peter Devenport 28:21 Fulford Five 05/02/2017	Hayden Bond 34:33 Newport 24/10/2021	Tom Gill 40:20 Tavy 7 08/11/2009	Brennan Townshend 57:22 Templar Ten 05/11/2017	Matt Pitson 1:16:42 Exeter 11/02/2017	Andy Vallance 2:01:56 Granite Way 20 15/03/2015	Matt Pitson 2:42:51 London 23/04/2017
UNDER 18	Will Lamerton 04:30 Okehampton TT 27/08/2015	Tom Gill 16:14 Okehampton TT 04/06/2009		George Speak 36:28 First Chance 03/01/2010	Tom Gill 40:20 Tavy 7 08/11/2009	Nick Seccombe 1:13:40 Bicton Blister 28/11/2010	Nick Seccombe 1:27:52 Tavy13 15/04/2012		
SENIOR	Tom Gill 04:35 Okehampton TT 11/05/2010	Hayden Bond 16:51 Turn and Burn 29/04/2021	Hayden Bond 27:01 Exmouth Five 05/10/2021	Hayden Bond 34:33 Newport 24/10/2021	Hayden Bond 41:57 Tavy 7 31/10/2021	Brennan Townshend 57:22 Templar Ten 05/11/2017	Matt Pitson 1:16:42 Exeter 11/02/2017	Andy Vallance 2:01:56 Granite Way 20 15/03/2015	Matt Pitson 2:42:51 London 23/04/2017
VET 40	Geoffrey Hill 04:39 Okehampton TT 17/09/2019	Robert Kelly 16:44 Exmouth 04/03/2023	Roger Voaden 29:56 Churston Flyer 04/10/2009	Robert Kelly 34:40 Exeter 26/02/2023	Robert Kelly 43:10 Tavy 7 31/10/2021	Roger Voaden 59:20 Plymouth Hoe 10 15/02/2009	Andy Vallance 1:17:25 Bideford 08/03/2020	Rob Kelly 2:05:11 Duchy 20 06/03/2022	Robert Kelly 2:47:59 Taunton 03/04/2022
VET 45	R Voaden/ A Vernon 04:59 Okehampton TT 8/5/12 / 11/7/13	Roger Voaden 17:32 Okehampton TT 02/06/2011	Roger Voaden 28:56 Fulfords Five 02/02/2014	Roger Voaden 36:19 Bideford 13/05/2012	Roger Voaden 43:02 Treggy 7 01/09/2013	Roger Voaden 59:44 Plymouth Hoe 10 20/02/2011	Roger Voaden 1:17:33 Bideford 06/03/2011	Roger Voaden 2:08:55 Granite Way 20 15/03/2015	Roger Voaden 2:57:00 London 17/04/2011
VET 50	Andrew Vernon 05:06 Okehampton TT 22/05/2019	Roger Voaden 18:00 Run Exe r5 02/08/2016	Roger Voaden 29:17 Fulfords Five 07/02/2016	Roger Voaden 37:41 Ivybridge 07/05/2016	Roger Voaden 43:56 Treggy 7 06/09/2015	Roger Voaden 1:01:08 Bideford 06/11/2016	Roger Voaden 1:20:12 Bideford 06/03/2016	Roger Voaden 2:08:04 Granite Way 20 13/03/2016	Roger Voaden 2:55:53 London 24/04/2016
VET55	Mervyn Rice 05:27 Okehampton TT 12/07/2012	Steve Sincock 18:50 Run Exe 10/09/2019	Steve Sincock 30:58 Exeter New Year's 5 05/01/2020	Steve Sincock 38:30 First Chance 19/01/2020	Steve Sincock 44:36 Tavy 7 27/10/2019	Steve Sincock 1:03:43 Bideford 03/11/2019	Steve Sincock 1:25:41 Indian Queens 04/08/2019	Paul Carter 2:22:17 Duchy 20 06/03/2022	Roger Voaden 2:57:08 Manchester 03/04/2022
VET 60	Mervyn Rice 05:55 Okehampton TT 18/05/17	Steve Sincock 19:04 Run Exe 21/09/2021		Steve Sincock 39:35 Bideford 12/09/2021	Steve Sincock 46:26 Tavy 7 31/10/2021	Mike Westland 1:19:49 Bideford 03/11/2019	Steve Sincock 1:24:05 Bideford 08/03/2020	Steve Sincock 2:18:46 Fisson 20 19/03/2023	Steve Sincock 03:03:03 Manchester 03/04/2022
VET 65	Paul Evison 06:17 Okehampton TT 17/09/2019	Dave Bates 21:33 Tamar Lakes PR 19/10/2019	Paul Evison 36:49 Exeter New Year's 5 05/01/2020	Dave Bates 43:43 Plymouth 06/10/2019	Dave Bates 49:10 Tavy 7 27/10/2019	Dave Bates 1:11:10 Bideford 03/11/2019	Dave Bates 1:37:20 Bristol 15/09/2019	Paul Evison 2:59:37 Granite Way 20 5/9/2021	Paul Evison 3:56:57 Gloucester 19/01/2020
VET 70	Ged Fitzgibbon 06:44 Okehampton TT	Dennis Thorpe 27:39 Okehampton TT	Dennis Thorpe 47:03 Colyton Fiver	Ged Fitzgibbon 51:15 Plymouth 10K	Ged Fitzgibbon 01:01:28 Tavy 7		Paul Evison 1:46:10 Bideford	Paul Evison 3:04:04 Granite Way 20	

	28/03/2023	30/07/2009	22/11/2009	14/5/2023	30/10/2022		05/03/2023	12/3/2023	