

Totnes 10K Course Records

| CATEGORY | NAME | CLUB | TIME | YEAR |
|-----------------------------|--------------------------|----------------------|-------|------|
| Male course record | Jim Cole | Tavistock AC | 35.29 | 2006 |
| M35 | Jon Parkinson | Bideford AC | 37.09 | 2005 |
| MV 40 | Neil Holmes | Erme Valley Harriers | 36.20 | 2005 |
| MV 45 | Tim Hughes | White Horse Harriers | 37.46 | 2001 |
| MV 50 | Tim Hughes | White Horse Harriers | 37.46 | 2006 |
| MV 55 | John Shapland | North Devon RR | 39.40 | 2008 |
| MV 60 | Frank Reilly | Stockport Harriers | 41.43 | 2006 |
| MV 65 | John Perratt | Exmouth Harriers | 45.17 | 2005 |
| MV 70 | John Perratt | Exmouth Harriers | 53.12 | 2008 |
| Female course record | Jo Kelsey | Tavistock AC | 39.39 | 2000 |
| FV 35 | Cathy Newman | Exeter Harriers | 41.26 | 2001 |
| FV 40 | Heather Foundling-Hawker | Honiton RC | 40.14 | 2006 |
| FV 45 | Cathy Newman | Exmouth Harriers | 41.34 | 2007 |
| FV 50 | Anne Luke | Tamar Trotters | 44.50 | 2008 |
| FV 55 | Pat Clatworthy | Dawlish Coasters | 56.50 | 2004 |
| FV60 | Jenny Cockwill | Bideford AC | 60.39 | 2008 |

We will be continuing with our prize structure for 2009 - New male or female course record receives £50.00 cash, any new vet course record receives £25.00 cash.

As with all the races that the Teignbridge Trotters stage, one person *can* win more than one prize.