

# Dartmoor Discovery Course Records

Category	Name	Club	Time	Year
<b>Male Course Record</b>	<b>John Ward</b>	<b>Bideford AC</b>	<b>3:29:24</b>	<b>2014</b>
MV 40	John Ward	Bideford AC	3:33:36	2012
MV45	John Ward	Bideford AC	3:29:24	2014
MV50	Garry Smart	Teignbridge Trotters	4:02:49	2014
MV55	Steve Abell	South Molton Strugglers	4:18:35	2022
MV60	Patrick Lockett	Newquay Road Runners	4:32:20	2008
MV65	Bob Emmerson	Leamington C & AC	4:53:27	2002
MV70	Graham Baker	Mid Essex Casuals	6:02:55	2021
<b>Female Course Record</b>	<b>Adela Salt</b>	<b>Trentham RC</b>	<b>4:02:36</b>	<b>2008</b>
FV35	Adela Salt	Trentham RC	4:02:36	2008
FV40	Heather Foundling-Hawker	Honiton AC	4:05:38	2006
FV45	Diane Roy	East Cornwall Harriers	4:29:50	2011
FV50	Lynette Porter	Bitton Road Runners	4:15:28	2017
FV55	Jane Bremner	Tamar Trotters	4:42:11	2013
FV60	Heather Khoshnevis	Bournemouth AC	5:28:49	2022

New M/F course records receives £200 cash, any new vet course record receives £25 cash. Set them both and you'll get £225!!

As with all Teignbridge Trotters races, one person **can** win more than one prize!